

NAME:

DATE:

Initial

Middle

End

I CAN



Rate the statements by scoring 1-6 in the circles below.



- 1 - What does that mean?
 2 - How do I do it?
 3 - I understand
 4 - I am trying
 5 - I'm doing well
 6 - Smashing it!

+ Development of Positive Relationships:

- I can be trusted by my friends.
 I can help those around me.
 I can make friends.
 I can be respectful of others.
 I can see things from others point of view.
 I can see when a relationship is healthy.

+ Sense of Empowerment:

- I can reflect on my performance.
 I can put forward ideas to my group.
 I can express myself.
 I can be a good role model for others.
 I can make good decisions.
 I believe that my feelings matter.

+ Improved Communication Skills:

- I can talk to others.
 I can contribute within a group.
 I can identify the problem.
 I can listen to others ideas.
 I can express my feelings.
 I understand nonverbal body language.

+ Increased Confidence:

- I can push myself to try new things.
 I can feel good about myself.
 I can name things I am good at.
 I can ask for help.
 I can be responsible.
 I can achieve!

+ Increased Personal Well-Being:

- I can be myself.
 I can keep myself active.
 I notice the world around me.
 I can learn new things.
 I can keep myself safe.
 I can look forward to the future.

