## Year 11: ASK Yourself!

Subject: Life Skills

Jnit: Emotional						
	Launching	Developing	Progressing	Mastering		
	1-2	3-4	5-6	7-9		
<b>S</b> kills						
kills	_					
<u> </u>	I need to	With support I can	I can express my	I always express		
Expression	contribute in class.	express myself	ideas logically and	my ideas logically		
	contribute in class.	simply.	clearly.	and clearly in		
		Simply.	clearly.	different ways.		
<b>N</b> l	I need to increase	With support I am	I regularly use	I successfully use		
Numeracy	my awareness and	becoming aware of	numeracy	numeracy		
	use of numeracy	numeracy	techniques to	techniques to		
	techniques.	techniques that	underpin my	underpin and		
	Techniques.	would support my	learning.	further my		
		learning.	rear ning.	learning.		
Calvina Dualdama	I need to be able	With support I can	I can evaluate	I can successfully		
Solving Problems	to offer solutions	evaluate problems	problems, offer	evaluate problems,		
	to problems.	and offer potential	potential solutions	think 'outside of		
	To problems.	solutions.	and justify my	the box' in order		
		Solutions.	responses.	to offer potential		
			responses.	solutions and		
				justify my		
				responses.		
				1 coporisco.		
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nowledge						
Emotional	I need to	With support I can	I know what it	I confidently know		
Wellbeing	understand what it	understand what it	means to be	what it means to		
TT EIIDEING	means to be	means to be	mentally and	be mentally and		
	mentally and	mentally and	emotionally	emotionally		
TRAINING	emotionally	emotionally	healthy.	healthy.		
STRESS AWARENESS	healthy.	healthy as well as	I know that	I know that		
WORK LIFE BALANCE	I need to	understanding that	relationships can	relationships can		
MENIAL HEAL IN	understand that	relationships can	cause strong	cause strong		
PERSONAL RESILIENCE	relationships can	cause strong	feelings and	feelings and		
EMPOWERMENT CONFIDENCE	cause strong	feelings and	emotions.	emotions.		
MINDFUL MANAGER ENJOYMENT FULFILMENT	feelings and	emotions.	I know that	I know that		
ENCOURAGEMENT	emotions.	I am aware that	pressure can be	pressure can be		
PEACE HEALTH	I need to know	pressure can be	used positively or	used positively or		
	that pressure can	used positively or	negatively to	negatively to		
	be used positively	negatively to	influence others.	influence others.		
	or negatively to	influence others.	I can make	I can confidently		
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	influence others.	With support I	informed choices	make informed		
	influence others.  I need to make	With support I can make	about safety,	choices about		
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health and well- being, including evaluating my personal choices and making changes if necessary. I need to know when, where and how to get help.	health and well-being, including evaluating my personal choices and making changes if necessary. I can find support on when, where and how to get help.	evaluating my personal choices and making changes if necessary. I know where and how to get help.	including evaluating my personal choices and making assertive changes if necessary. I know where and how to get help.