






# Year 7: ASK Yourself!

**Subject: Life Skills**  
**Unit: 'Motional Me!'**

	Launching	Developing	Progressing	Mastering
 <b>S</b> kills				
<b>Expression</b>	I need to contribute in class.	With support I can express myself simply.	I can express my ideas logically and clearly.	I always express my ideas logically and clearly in different ways.
<b>Solving Problems</b>	I need to be able to offer solutions to problems.	With support I can evaluate problems and offer potential solutions.	I can evaluate problems, offer potential solutions and justify my responses.	I can successfully evaluate problems, think 'outside of the box' in order to offer potential solutions and justify my responses.
 <b>K</b> nowledge				
<b>Me!</b> 	<p>I need to understand what it means to be Me! as well as recognising my personal strengths and how it affects my self-esteem.</p> <p>I need to be able to communicate my feelings to others, to recognise what is right and wrong, to listen to people and work cooperatively.</p> <p>I need to be able to accept helpful feedback and reject unhelpful criticism.</p> <p>I need to know when, where and how to get help.</p>	<p>With support I can understand what it means to be Me! as well as recognising my personal strengths and how it affects my self-esteem.</p> <p>I can communicate my feelings to others and can recognise what is right and wrong.</p> <p>I try to listen to people and to work cooperatively.</p> <p>I try to accept helpful feedback and to reject unhelpful criticism.</p> <p>I know when, where and how to get help.</p>	<p>I know what it means to be Me! as well as recognising my personal strengths and how it affects my confidence and self-esteem.</p> <p>I clearly communicate my feelings to others and know what is right and wrong.</p> <p>I can listen to people and to work cooperatively with groups of people.</p> <p>I can accept helpful feedback and to reject unhelpful criticism.</p> <p>I know when, where and how to get help.</p>	<p>I confidently know Me as a person.</p> <p>I am confident of my personal strengths and how it affects my both my confidence and self-esteem.</p> <p>I communicate my feelings effectively to others and know what is right and wrong.</p> <p>I listen to people and can work cooperatively with wide groups of people.</p> <p>I enthusiastically accept helpful feedback and can reject unhelpful criticism.</p> <p>I know when, where and how to get help.</p>