



Bendrai finansuojama pagal
Europos Sąjungos programą
„Erasmus+“



Learning
to be

Self-Assessment Card for Students

Age 9-10





This “Personal Learning Log” is a self-assessment card that will help you learn more about yourself and others. This card consists of 3 pages with questions for you to answer and tasks to complete. They are about:

- Learning to Be Yourself;
- Learning to Be with Others;
- Learning to Be Responsible.

Please answer the questions listed below writing down your answers. There are no right or wrong answers here and your answers will not be corrected or marked. When you finish completing your sentences, give this card to your teacher to write comments for you.

Vizualinis sprendimas „Marker Heroes“

MARKER
Heroes

Self-Assessment Cards for Students Age 9-10

Age 9-10

| | | | |
|--|--|------------------------|--|
| My name (first name, surname): | | Teacher's name: | |
| Date of Self-Assessment | | Form: | |

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Learning to Be Yourself

My Emotions and Feelings

How have you been feeling lately? Please mark the emotions you recently had. For every emotion you recognize and remember, please describe the situation when it happened and what you did.

| | |
|---|--|
| JOY  | What was happening when you had this emotion? Please describe the situation. |
| | What did you do after you felt this way? Please describe what you said or did in this situation. |
| SADNESS  | What was happening when you had this emotion? Please describe the situation. |
| | Please describe what you said or did in this situation. |

| | |
|---|---|
| <p>SURPRISE</p>  | <p>What was happening when you had this emotion? Please describe the situation.</p> |
| | <p>Please describe what you said or did in this situation.</p> |
| <p>FEAR</p>  | <p>What was happening when you had this emotion? Please describe the situation.</p> |
| | <p>Please describe what you said or did in this situation.</p> |
| <p>TRUST</p>  | <p>What was happening when you had this emotion? Please describe the situation.</p> |
| | <p>Please describe what you said or did in this situation,</p> |
| <p>WORRY</p>  | <p>What was happening when you had this emotion? Please describe the situation.</p> |
| | <p>Please describe what you said or did in this situation.</p> |
| <p>DISGUST</p>  | <p>What was happening when you had this emotion? Please describe the situation.</p> |
| | <p>Please describe what you said or did in this situation.</p> |

| | |
|---|--|
| <p>BOREDOM</p>  | <p>What was happening when you had this emotion? Please describe the situation.</p> <hr/> <p>Please describe what you said or did in this situation.</p> |
| <p>ANGER</p>  | <p>What was happening when you had this emotion? Please describe the situation.</p> <hr/> <p>Please describe what you said or did in this situation.</p> |
| <p>YOUR EMOTION</p>  | <p>What was happening when you had this emotion? Please describe the situation.</p> <hr/> <p>Please describe what you said or did in this situation.</p> |

When I feel bad I do these things to help me feel better:



My special powers:

All of us have special powers, some things we are good at, that make us strong. What are your most important strengths? Your superpowers? Name the 3 things you are good at! How you are using them?

| My special powers | How/Where am I using them? |
|-------------------|----------------------------|
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Powers I want to develop:




Please think of the things you want to learn. These could be things to learn at school or other important abilities you want to develop (like learning to play a musical instrument, overcoming a fear or making new friends)

| Things I still need to learn | Who could help me learn this? |
|------------------------------|-------------------------------|
| | |
| | |
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| | |



Learning to Be with Others

Please read the sentences below and for each sentence tick the box that best suits your usual behaviour.

| | Yes  | Sometimes  | No  |
|---|--|--|---|
| <i>I find it easy to make new friends</i> | | | |
| <i>I like talking to a friend when we are on our own</i> | | | |
| <i>I like talking to friends when we are in a group</i> | | | |
| <i>I like making people laugh</i> | | | |
| <i>I am a good listener</i> | | | |
| <i>I have some good friends</i> | | | |
| <i>I join my friends and we play games together</i> | | | |
| <i>I often play on my own</i> | | | |
| <i>I know how to make up with my friends when we quarrel</i> | | | |
| <i>I comfort my friends when they are upset</i> | | | |
| <i>I can tell my friends how I am feeling</i> | | | |
| <i>I can tell how people may feel from the way they talk and behave</i> | | | |
| <i>I understand how people are feeling when I am listening to them</i> | | | |
| <i>I know what to do to get along with others</i> | | | |
| <i>I understand how people in my class are different from one another</i> | | | |

Additional questions:

What can I do to be a better friend?

My best friends at school are:




What are they like? Why do I like them?



Learning to Be Responsible

My tasks and duties

Please read the sentences below about your tasks and duties at school and at home. Please mark how good you are at doing them by ticking the right box.

| My tasks and duties | I am good at doing them | | |
|---|---|---|---|
| | Yes | Sometimes | No |
| |  |  |  |
| In school / class: | | | |
| <i>I am always on time for school (lessons and other events)</i> | | | |
| <i>I can take care of myself and of my things at school</i> | | | |
| <i>I have a time-table for my lessons and my other daily activities at school</i> | | | |
| <i>I understand that my behaviour may affect other people (pupils and teachers)</i> | | | |
| <i>I try to do all my homework tasks</i> | | | |
| <i>I join my friends and we play games together</i> | | | |
| <i>I am listening when other pupils are speaking and don't interrupt</i> | | | |

At home

(name a few duties you have at home)

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|--|--|--|--|
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Teacher's Comments. Feedback of the my teacher after my self-assessment.

