|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **NEVER** | **SOMETIMES** | **MOSTLY** | **ALWAYS** |
| ***Critical and Creative Thinking Skills*** |  |  |  |  |
| I ask interesting questions |  |  |  |  |
| I think carefully about new ideas |  |  |  |  |
| I can suggest how to solve problems |  |  |  |  |
| ***Empathy Skills*** |  |  |  |  |
| I think about the needs and feelings of others |  |  |  |  |
| I show concern for the feelings of other people |  |  |  |  |
| My behaviour shows that I care how others feel |  |  |  |  |
| ***Self Awareness and Reflection Skills*** |  |  |  |  |
| I think about my own feelings |  |  |  |  |
| I can say what is important to me |  |  |  |  |
| I understand that my behaviour effects how others feel |  |  |  |  |
| ***Communication Skills*** |  |  |  |  |
| I take part in discussions about local or global issues |  |  |  |  |
| I express my own views clearly and respectfully |  |  |  |  |
| I can give reasons to support an opinion |  |  |  |  |
| ***Cooperation Skills*** |  |  |  |  |
| I participate in group activities |  |  |  |  |
| I help to make sure everyone feels included in a task |  |  |  |  |
| I use my skills to help my group succeed |  |  |  |  |
| ***Manage Change and Complexity Skills*** |  |  |  |  |
| I ask for help if I am feeling uncertain |  |  |  |  |
| I can describe my feelings about changes around me |  |  |  |  |
| I can describe my feelings about events in the wider world |  |  |  |  |
| ***Taking Action Skills*** |  |  |  |  |
| I take an active role in my class |  |  |  |  |
| I show I care for others by my actions |  |  |  |  |
| I try and make my school a better place to be |  |  |  |  |

**Skills progression tracker – version 1**

**Name: Age: Class: Gender:**