

Skills progression tracker – version 1

Name: _____ Age: _____ Class: _____ Gender: _____

	NEVER	SOMETIMES	MOSTLY	ALWAYS
<i>Critical and Creative Thinking Skills</i>				
I ask interesting questions				
I think carefully about new ideas				
I can suggest how to solve problems				
<i>Empathy Skills</i>				
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				
<i>Self Awareness and Reflection Skills</i>				
I think about my own feelings				
I can say what is important to me				
I understand that my behaviour effects how others feel				
<i>Communication Skills</i>				
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				
<i>Cooperation Skills</i>				
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				
<i>Manage Change and Complexity Skills</i>				
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				
<i>Taking Action Skills</i>				
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				



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