



# Personal & Social



**I understand who I am.**

I can describe my family.

I can describe my community.

I can belong to different groups.

I can describe what is important to me.

I can develop new skills.



**I am personally responsible.**

I can share who I am.

I can share my ideas.

I can set and achieve goals.

I can share my feelings.

I can make decisions that keep me and others safe.



**I am socially responsible.**

I can participate in a group.

I can solve some problems.

I can ask for help.

I can be kind to others.

I can help and include others.