

Name:



K.C.S. Habits of Mind, Body and Action

Term One Star and Wish

This self-reflection will become the first entry in your grade four portfolio.



My Star Habit

Look at the attached chart and find a habit that you demonstrate on a daily basis. Write the habit below.

Question and be curious.

Explain how you show this habit both at home and school.

Home:

Yesterday I found a little painted turtle in my pool and saved it. I went right to my computer and started to research and find out how to help him!



School: Last year, I put together a few friends and we learned all about wolves and presented it at assembly.



My Wish Habit

Look at the attached chart and find a habit that you would like to work on this term. Write the habit below.

Lead to make a difference.

How will this habit set you up for success at home and school?

I will need to be very organized and creative. I will have to think ahead and inspire others.

How will you work on turning this wish habit into a star habit?

I am going to start by being a grade 4 leader for the Terry Fox Run.

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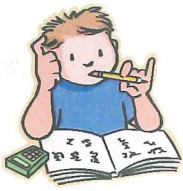


Listen to understand.

Explain how you show this habit both at home and school.



at home I listen to understand
by my mom or my dad reading
my homework out loud or explain
the work that needs to be done.



My Wish Habit

Look at the attached chart and find a habit that you would like to work on this term. Write the habit below.

Strives for accuracy.

How will this habit set you up for success at home and school?

I will strive for accuracy by trying my best on my homework and school work. I will try my best for a level 4!

How will you work on turning this wish habit into a star habit?

I will concentrate and make sure my work is done to the best of my abilities.

K.C.S. Habits of Mind, Body and Action

Habits of Mind

Embrace learning	Think about your thinking
Question and be curious	Take responsible risks
Persist	Strive for accuracy
Show self-control	Find humour
Listen to understand	Be resilient
Think creatively	Seek collaboration
Think flexibly	Use past learning
Respond with awe and appreciation	

Habits of Body

Be active	Create
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Habits of Action

Respect, manners and try your best	Apply the Super Seven learning skills
Do what is right	Lead to make a difference
Act with empathy	Adapt
Share what you know	Make the world better
Communicate clearly	