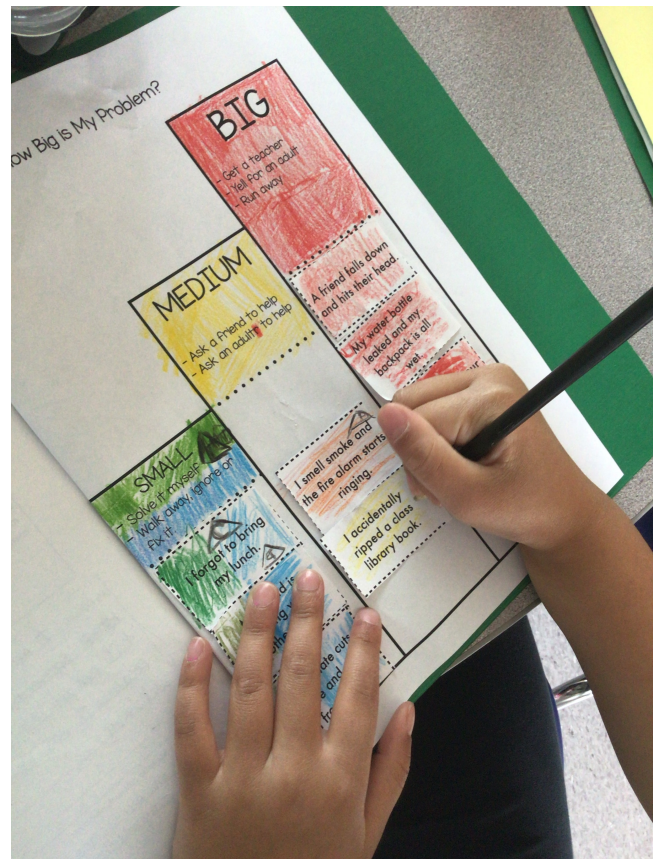
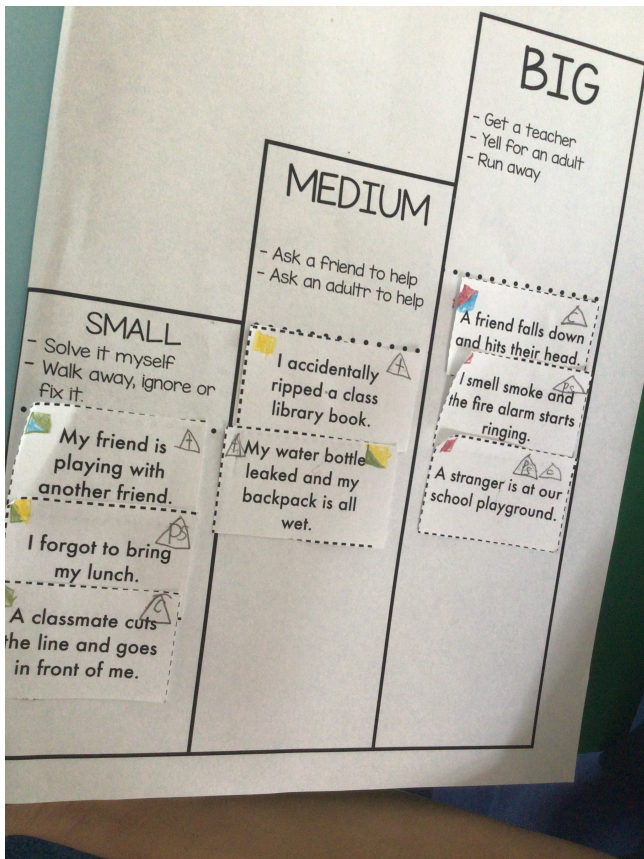
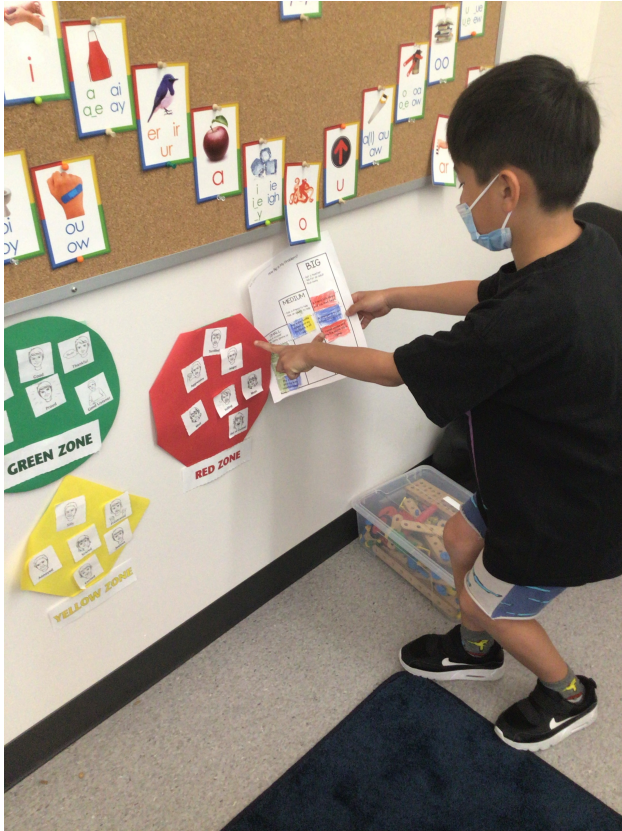


Students from Div 10 have been working on using the Core Competencies and Zones to assess, reflect, and readjust how to solve problems of different sizes. The goal for every student, is to be able to understand and reflect on their feelings, then use appropriate Core Competency life skills to solve all kinds of problems. To practice this skill, students are given different scenarios which they have to identify, sort, and solve.



Students were first asked to sort the problems by how big the problem is. Then reflecting on themselves, how would they feel if that happened to them. They coloured in the scenario with different Zone colours (green, yellow, red, blue). After completing this, the students identified which Core Competencies would help them overcome this problem.



A student reflecting on the problem and matching whether they would be in that Zone if the problem happened to him. He said, "I think I would be terrified, is terrified in the Red zone?"

Div 10 visual supports for bridging competencies, Zones of Regulation and Size of Problem.

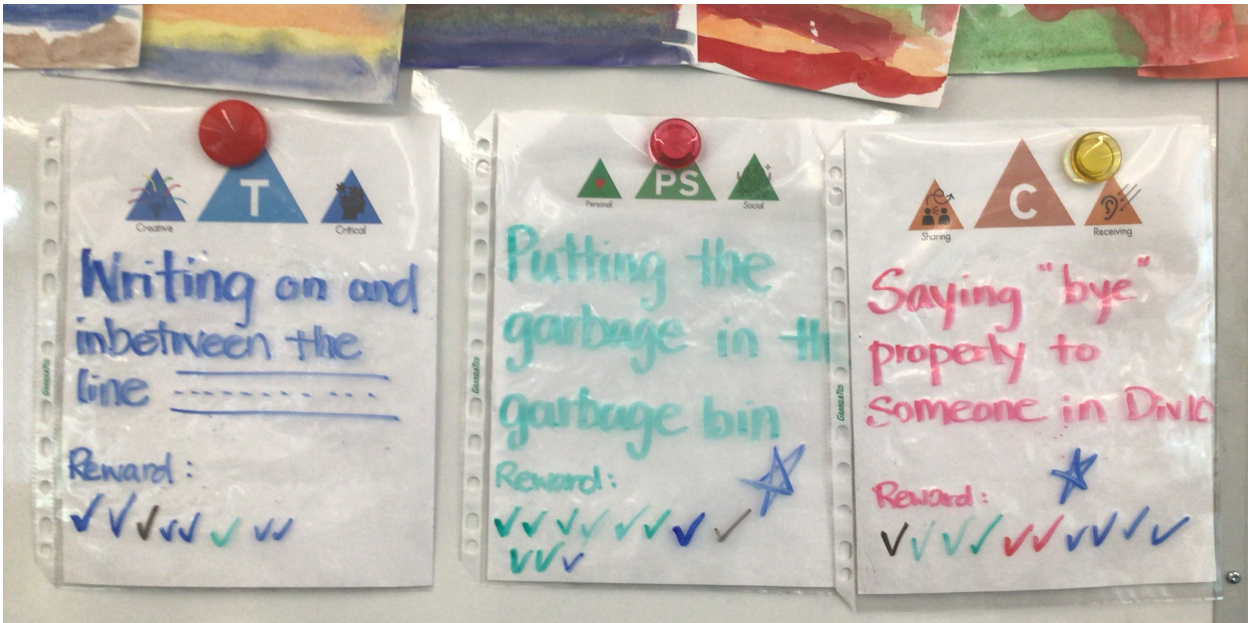






Scenario practice of which core competencies to use. Students also made connections to the animals from an indigenous perspective. Understanding the characteristic of the animal, and

which core competencies does it portray.



Div 10 setting bi-weekly core competency goals to become independent and mature learners.