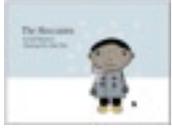
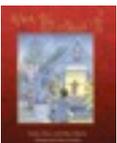
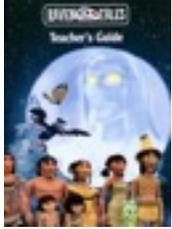
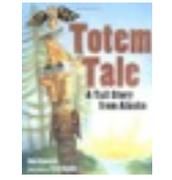


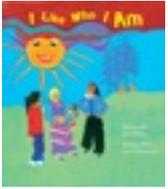
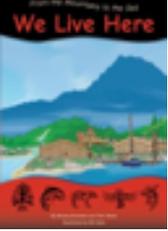
Personal Awareness and Responsibility: Self-Regulation

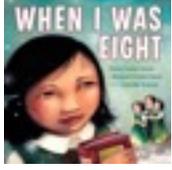
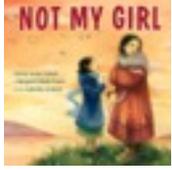
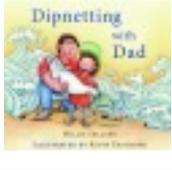
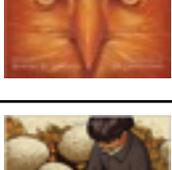
Students who are personally aware and responsible take responsibility for their own choices and actions. They set goals, monitor progress, and understand and regulate their emotions. They are aware that learning involves patience and time. They are able to persevere in difficult situations, and to understand how their actions affect themselves and others.

I can sometimes recognize emotions. I can use strategies that help me manage my feelings and emotions. I can persevere with challenging tasks. I can implement, monitor, and adjust a plan and assess the results. I can take ownership of my goals, learning, behaviour.

	<p><u>When We Were Alone by David Alexander Robertson. 2016</u></p>	<p>Managing feelings and emotions.</p>
	<p><u>Eaglet's World by Evelyn White Minshull. 2014</u></p>	<p>Perseverance with challenging tasks. Risk taking. Moving out of your comfort zone.</p>
	<p><u>The Moccasins by Earl Einarson. 2004</u></p>	<p>Recognizing how the moccasins made him feel</p>
	<p><u>Spirit Bear by Jennifer Harrington</u></p>	<p>Persevere and deal with challenging situations</p>
	<p><u>Mwakwa Talks to the Loon by Dale Auger 2008</u></p>	<p>Self-reflection by taking ownership of behaviour</p>
	<p><u>Which Way Should I Go? By Sylvia Olsen</u></p>	<p>Recognizing feelings of loss and sadness and using strategies to help manage them.</p>

	<p>Little Bear's Vision Quest by Sylvia Olsen</p>	<p>Showing respect - Learning to know yourself - feeling at peace with yourself</p>
	<p>Everybody Needs A Rock by Byrd Baylor</p>	<p>Special object to carry with you with a personal meaning - a sense of calm</p>
	<p>Raven Tales - 26 Graphic Novels Edited by D. Bouchard and D. Booth</p>	<p>"These graphic novels are built on traditional stories that develop a sense of community, responsibility, respect and interconnectedness of life" Click here for individual story details.</p>
	<p>Raven Tales - Teacher's Guide Edited by D. Bouchard and D. Booth</p>	<p>Recommended. Connects Raven Tales to First Nations cultures and other international and aboriginal cultures with similar stories. Story summaries. Delineated themes i.e. Living in Community, Respect...</p>
	<p>Sometimes I Feel Like a Fox by Danielle Daniel</p>	<p>Critical self-reflection. Recognizing changing emotions.</p>
	<p>Dancing with the Cranes by Jeanette Armstrong / Ron Hall</p>	<p>Recognizing feelings of loss and sadness and using strategies to help manage them.</p>
	<p>Totem Tale, A Tall Story from Alaska by Deb Vanasse</p>	<p>Recognizing and identifying with the emotions in the story</p>
	<p>Seven Sacred Teachings Niizhwaaswi gagiikwewin by D. Bouchard and Dr. J. Martin</p>	<p>Humility, Honesty, Respect, Courage, Wisdom, Truth, Love</p>

	<p>I Like Who I Am by Tara White</p>	<p>Recognizing emotions and perseverance</p>
	<p>From the Mountains to the Sea: We Live Here by B. Boreham and T. Mack</p>	<p>Recognizing emotions and own strengths - connections to animals.</p>
	<p>I am Not a Number by J.K. Dupuis and K. Kacer</p>	<p>Discussions of fear, sadness, lack of control</p>
	<p>Sweetest Kulu by Celina Kalluk</p>	<p>Believe in Yourself, Love, Help others, Be gentle, Be creative, Find joy, Be empowered, Be patient, Be kind</p>
	<p>Sharing Our World: Animals of the Native Northwest Coast by Garfinkel Publications</p>	<p>Self-reflection, recognizing emotions.</p>
	<p>My Heart Fills with Happiness by M.G. Smith</p>	<p>I can use strategies to help me manage my feelings and recognize emotions. Reflect on what makes you happy.</p>
	<p>Set of seven books by Katherena Vermette</p>	<p>The Seven Teachings Stories are inspired by the Seven Sacred Teachings of the Anishinaabe—love, wisdom, humility, courage, respect, honesty, and truth. These stories are set in urban landscapes, Indigenous children tell familiar stories about home, school, and community.</p>

	<p><u>When I was Eight by Christy Jordan-Fenton</u></p>	<p>Use of metaphor to describe emotion, self-reflection of feelings, perseverance, growth mindset - used every opportunity to learn.</p>
	<p><u>Not My Girl by Christy Jordan-Fenton</u></p>	<p>Reflection on emotion -sadness, disappointment, embarrassment, pride. Use of metaphor to describe emotion (birds of my heart)</p>
	<p><u>Storm Boy</u> by Paul Owen Lewis</p>	<p>Visualize goals</p>
	<p><u>Dipnetting with Dad</u> by Willie Sellars</p>	<p>Recognizing the need to persevere with the task and finding joy in the accomplishment.</p>
	<p><u>Orca Chief</u> by Roy Henry Vickers and Robert Budd</p>	<p>Taking the time to be mindful.</p>
	<p><u>Gray Wolf's Search</u> by Bruce Swanson</p>	<p>Persevere and deal with challenging situations</p>
	<p><u>Eagle Boy</u> by R.L. Vaughn</p>	<p>Perseverance with challenging tasks. Risk taking. Moving out of your comfort zone.</p>
	<p><u>Shin-chi's Canoe</u> by N. Campbell</p>	<p>Recognizing emotions, using strategies to help manage feelings and emotions</p>