

Core Value Habit Bank

	Standards for Jump rope	<i>Full language in student handbook/website</i>
CV.1 Self-awareness	I can reflect, identify areas of growth, set challenging benchmarks, and create plans to achieve my goals. • Self Awareness 1: I monitor my actions, attitudes, and outcomes, and work to improve myself and the space around me. • Self Awareness 2: I work productively individually and/or as part of a group. • Self Awareness 3: I come to class prepared and use materials and technology appropriately. • Self Awareness 4: I can identify areas of growth, set challenging goals, and create plans to achieve my goals.	We measure the effectiveness of our actions. We know ourselves and use that knowledge to ask for support when we need it. We use our understanding of our strengths and weaknesses to create plans of action to achieve our goals.
CV.2 Empathy	I am aware of, and responsive to, the social, emotional, and physical needs of my community. • Empathy 1: I listen to and consider the perspectives of others. • Empathy 2: I respect and take care of class resources and the space around me leaving them better than found. • Empathy 3: I am aware of and responsive to the needs of my community.	We understand that we all bring unique and diverse experiences to our community. We work to ensure those experiences are heard and honored. We assume positive intentions of others as we work together to build our community.
CV.3 Curiosity	I approach problem solving with an open mind, and ask questions that initiate and engage future learning.	Our school community constantly asks “why.” We are on the look out to improve our world. In order to always be forward thinking, we develop our curiosity,

	• Curiosity 1: I approach and engage in problem solving with an open mind. • Curiosity 2: I can respectfully question ideas and pose questions that extend our learning. • Curiosity 3: I contribute outside information on a given topic or issue in order to enhance everyone's learning.	creativity, and confidence to push boundaries.
CV.4 Risk-taking	I participate actively, positively, and productively in class, even when I am not sure I will be successful. • Risk-taking 1: I participate actively, positively, and productively in class even when I'm not sure I will be successful. • Risk-taking 2: I propose and consider creative ideas and solutions to problems. • Risk-taking 3: I seek challenging problems and try new strategies.	We know that to reach new levels of success and to develop new, creative ideas and solutions to problems, we must venture beyond what feels comfortable to us. When we take risks, we have the opportunity to revise and reflect on our actions and push ourselves to new levels of thinking.
CV.5 Resilience	I work through multiple iterations, continually learn from my mistakes, and use various forms of feedback. • Resilience 1: I search out feedback on my work and use it to iterate on my process and product. • Resilience 2: I keep working through multiple iterations and continually learn from mistakes using feedback. • Resilience 3: I can identify my mistakes and how to use failure as an opportunity for growth.	We learn from our challenges and mistakes, and use them to better position ourselves for success in the future.