

ADULT _____ MONTH / YEAR _____ CHILD _____

CHILD'S GOAL _____

Things we did, talked about or observed

DATE: _____
Location: _____

HOURS: _____
Who Else Present: _____

Circle what applies:
1 2 3 4 5 6 7 8 9 10 11 12

Circle what applies:
A B C D E F

Social Development

1. Strong relationships with adult, peers, and community
2. Engages in positive co-curricular activities

Learning Success

3. Shows successful academic progress & performance
4. Creating, setting, and identifying short and/or long-term goals
5. Learning to navigate systems

Improved Physical & Emotional Health

6. Understands healthy nutrition
7. Engages in regular physical activities
8. Understands & uses physical and/or mental health resources

Ethical Decision Making

9. Avoiding substance abuse
10. Engages in non-aggressive behavior
11. Avoiding poor social media and/or bullying behavior

Skills We Are Building "Core Assets"

A. Mindfulness
(Awareness of what is happening around me; shows empathy)

B. Belonging
(Feeling accepted)

C. Responsible Decision Making
(Makes constructive choices about personal and social behavior)

D. Positive Relationship Building
(Getting along well with others & finding supportive people)

E. Spark
(Exploring and/or showing excitement for passion and interest)

F. Self-Management
(Identify and manages own emotions, thoughts and behaviors)

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Additional NOTES:

CIRCLE OF FRIENDS

Intermediate Outcomes are things we did, talked about, or observed:

1. Social Development – I have positive relationship with peers and adults. I engage with caring adults. I participate in positive co-curricular activities.

2. Learning Success – I am showing successful academic progress and performance. I can create, set, and identify short and long-term goals. I participate in planning and prep for activities. I can navigate systems.

3. Improved Physical and Emotional Health – I understand healthy nutrition and can choose and eat healthy foods. I engage in daily physical activities. I can identify and articulate my emotions. I can seek out physical and/or mental health resources.

4. Ethical Decision Making – I do not use drugs or alcohol. I choose to engage in non-aggressive behavior. I can identify potential consequences of risky and unsafe behaviors and choose to avoid these behaviors. I avoid poor social media and bullying behaviors.

Core Assets are skills we are building:

A. Mindfulness:

I notice what is happening around me and am able to respond in a clear way. I am present, attentive, and grateful for each moment. I am able to take the perspective and empathize with others.

B. Belonging:

I feel accepted and appreciated in my community. I belong to at least one group in my school or community where I feel welcomed. I have personal identity and membership in a group or place. I am interested in exploring my own identity.

C. Responsible Decision Making:

I can express curiosity and openness to new people and situations. I can weigh pros and cons when making a decision to choose the best options. I seek out new experiences.

D. Positive Relationship Building:

I can communicate clearly in a positive way. I can listen and cooperate with others. I can get along well with others and am able to find supportive people. I can ask for support and help and am able to offer support and help to others.

E. Spark:

I explore my passions and interests. I believe in myself and can set goals to achieve them. I participate in at least one activity tied to my hobby or passion. I can describe my strengths and accomplishments.

F. Self-Management:

I know how to manage my feelings and take care of myself in a healthy way. I can identify my emotions. I can inhibit impulsive behavior. I can assess my strengths and limitations with a well-grounded sense of confidence and “growth mindset”.