



Brain Bootcamp & Core Competency Connections

Competency growth occurs over time and across contexts. Each week, the on-line lessons, activities, and self-assessments provide students with opportunities to explore, develop and assess skills and competencies within the BrainAhead context.

Each week has one Competency and Skills Building Activity, one Critical and Reflective Thinking Activity and one Student Self-Assessment per grade strand unless otherwise specified.

Grades Strands: K-1 2-3 4-5	Core Competency Connections	Competency and Skill Building Activities/ Critical and Reflective Thinking and Goal-Setting Activities	Student Self-Assessments
Week 1	<ul style="list-style-type: none"> ● Personal Awareness and Responsibility ● Communicating/ Collaborating 	<ul style="list-style-type: none"> ● Identify feelings connected to BrainAhead activities-bridging learning with self ● Identify preferences with rationale ● Set and document goals 	<ul style="list-style-type: none"> ● Practice perseverance in difficult situations ● Evaluate growing self confidence ● Assess ability and progress with evidence (BrainAhead as evidence)
Week 2	<ul style="list-style-type: none"> ● Personal Awareness and Responsibility ● Critical and Reflective Thinking ● Communicating/ Collaborating 	<ul style="list-style-type: none"> ● Notice and name aspects of emotional and physical well-being ● Identify criteria and evidence for preferences ● Share ideas and connect with others 'ideas ● Contribute purposefully to show and share feelings 	<ul style="list-style-type: none"> ● Reflect on how the week went ● Use evidence to make judgements about learning ● Self-assessment ● Draw conclusions ● Set goals and planning

Week 3	<ul style="list-style-type: none"> • Personal Awareness and Responsibility • Critical and Reflective Thinking • Social Awareness and Responsibility 	<ul style="list-style-type: none"> • Notice, naming and describe aspects of emotional and physical well-being, • Connect learning in BrainAhead on-line to self • Show and share feelings • Value diversity • Use strategies to build relationships 	<ul style="list-style-type: none"> • Connect learning in BrainAhead to having a sense of worth and pride in learning • Communicate accomplishments • Target area for growth
Week 4	<ul style="list-style-type: none"> • Creative Thinking • Critical and Reflective Thinking 	<ul style="list-style-type: none"> • Symmetry drawing (using left and right hand) • Demonstrate willingness to think divergently • Use imagination and inventiveness • Analyze and critique process 	<ul style="list-style-type: none"> • Assess self-regulation • Use evidence to make judgements about learning • Self-assessment • Draw conclusions
Week 5	<ul style="list-style-type: none"> • Critical and Reflective Thinking • Personal Positive and Cultural Identity 	<ul style="list-style-type: none"> • Apply reflective thinking about BrainAhead learning • Share personal strengths in community • Listen to others' experiences • Validate strengths and progress of classmates 	<ul style="list-style-type: none"> • Analyze and critiquing performance • Make assessments • Communicate feelings • Listen to others' experiences • Validate strengths and progress of classmates

Week 6	<ul style="list-style-type: none"> • Creative Thinking • Social Awareness and Responsibility • Communicating/ Collaborating 	2 activities <ul style="list-style-type: none"> • Use creativity and innovation • Explore actions/experiment with different ways of doing things with partner • Use non-verbal communication skills • Gather information • Generate and use strategies to complete task • Noticing, naming and expressing feelings • Understand others and self and that differences make us special • Connect values to actions 	<ul style="list-style-type: none"> • Reflect on self-regulation skills and progress • Assess ability to work with peers
Week 7	<ul style="list-style-type: none"> • Personal Awareness and Responsibility • Critical and Reflective Thinking 	<ul style="list-style-type: none"> • Describe and use strategies promoting emotional and physical well-being • Connect learning in BrainAhead on-line to self 	<ul style="list-style-type: none"> • Assess growth • Provide evidence • Share criteria • Set new goals
Week 8	<ul style="list-style-type: none"> • Personal Awareness and Responsibility • Social Awareness and Responsibility • Critical and Reflective Thinking 	2 activities <ul style="list-style-type: none"> • Practice BrainAhead skills in game format • Work with partner to practice, discuss, validate assess, and encourage 	<ul style="list-style-type: none"> • Reflect on and analyze strategies promoting emotional and physical well-being • Apply learning in BrainAhead on-line to self
Week 9	<ul style="list-style-type: none"> • Personal Awareness and Responsibility • Critical and Reflective Thinking 	<ul style="list-style-type: none"> • Notice and naming aspects of emotional and physical well-being, • Apply learning in BrainAhead on-line to daily experiences • Evaluate changes/growth in learning • Apply evidence 	<ul style="list-style-type: none"> • Examine own thinking • Reflect on goal progress based on observations, experience and through discussion with peers • Evaluate how BrainAhead is helping you learn and focus

Week 10	<ul style="list-style-type: none"> Personal Awareness and Responsibility 	Puzzle activity (2 versions): Individual or partner format <ul style="list-style-type: none"> Celebrate progress Problem-solve 	<ul style="list-style-type: none"> Self-assessment with goal setting and ability Identify changes and impact of learning Assess progress towards goals
Week 11	<ul style="list-style-type: none"> Personal Awareness and Responsibility Positive Personal and Cultural Identity Social Awareness and Responsibility 	2 activities <ul style="list-style-type: none"> Understand abilities Use strengths and abilities in relationships Interact with others/ contributing positively Apply practical strategies to build relationships/ resolving issues Notice and name feelings of others 	<ul style="list-style-type: none"> Understand abilities Interact with others/contributing positively Notice and naming feeling of others
Week 12	<ul style="list-style-type: none"> Positive Personal and Cultural Identity Social Awareness and Responsibility 	<ul style="list-style-type: none"> Notice and naming growth areas Connect learning in BrainAhead on-line to self Evaluate changes/growth in learning Apply evidence 	<ul style="list-style-type: none"> Generate and develop evidence to assess learning during the course Collaborate and explain plans Identify strengths and abilities Value diversity Build relationships Thinking of/listening to others