

Competencies within a specific Life Area

Life Area/ Competency	School Life <i>Includes everyday situations involving learning and socialization activities at school, such as committing to learning at school, participating actively in classroom activities, maintaining personal relationships with classmates and school staff, listening to the teacher's instructions and complying with the rules.</i>	Home and Community Life <i>Includes everyday situations involving homemaking, diet and participation in family or community life, such as putting away clothes or toys, helping to prepare meals, shopping at the mall, complying with safety rules at home, eating in restaurants, maintaining harmonious relationships with neighbours and community members (storekeepers, dentist, nurses, police officers, pharmacist, librarian, hairdresser, etc.), and complying with civic rules.</i>	Travel <i>Includes everyday situations involving safe travel in the immediate environment and in the community. For example, students may find their way around school or a public place, cross the street, navigate the neighbourhood, use public transportation, comply with the rules of safety, or interact appropriately with other people while travelling.</i>	Leisure <i>Includes everyday situations involving activities that bring enjoyment and relaxation. Students should have access to a variety of leisure activities reflecting their tastes and interests. Quality of life is significantly influenced by leisure activities, and school is an environment within which students can develop new interests, for example, by trying out or practising different activities (games, sports, music, dance, painting, etc.), complying with safety rules in leisure activities, and maintaining harmonious relationships with other people during leisure activities.</i>	Personal Care and Well-Being <i>Includes everyday situations involving hygiene and maintenance of good physical and mental health, such as personal grooming, getting dressed, washing, eating, exercising, adopting healthy sleeping habits and maintaining personal relationships with friends and family members.</i>
Communicates	Write an e-mail, converse with a classmate on a subject of interest, ask for clarification about a reading task or write down his/her personal contact information for a friend.	Write a list of gift suggestions for his/her birthday, talk about an experience at home, ask a store employee for information, or talk to a friend on the telephone.	Say the name of the place to which he/she wishes to go, follow instructions to reach a destination, ask about departure times, or follow instructions given by the school bus driver.	Express an interest in a specific leisure activity, ask about the rules of a game, or understand the story of a play.	Say that he/she is cold when walking outside, tell an adult that he/she needs to go to the toilet, or follow verbal instructions to get dressed.
Uses the information available in his/her environment	Consult his/her school timetable, choose a snack at the cafeteria, or use a word processing application to write a message.	Put away his/her toys in the place indicated by a pictogram, look at an advertising leaflet from his/her favourite store, or choose a favourite restaurant dish from a menu.	Use visual references to find his/her way around the school, identify the name of his/her street in his/her neighbourhood, or take the right bus.	Find his/her favourite books at the library, read the score of a hockey game on television, or access his/her favourite Web site.	Choose hot or cold water from the tap, depending on his/her needs, find a video recording to do an exercise routine, or choose a particular brand of soap from an advertising leaflet.
Interacts with people in his/her community	Welcome a parent volunteer to the classroom, take part in the school's winter sports day, or be responsible for taking the attendance sheet to the secretary.	Rake leaves with his/her grandparents, comply with the rules at the local swimming pool, or help his/her parents to prepare a meal.	Ask for help if he/she is lost, line up in an orderly fashion to board the school bus, or thank the driver when getting off the bus.	Sing in the school choir, draw with a friend, or consult with the librarian about borrowing a book.	Play ball with a classmate, express a preference for certain items of clothing to a salesperson, or share a meal with a friend.
Acts methodically	Organize the personal effects in his/her locker, get out the materials needed for a science activity, or use his/her tools to read a short message written by the teacher.	Follow a recipe, arrange his/her favourite books on a shelf, or vacuum his/her room.	Identify reference points to help him/her get to the school yard, follow a routine to catch the school bus, or cross the street.	Follow the steps of a dance, rent a film on television, or use cue cards to operate a DVD player.	Buy a healthy snack at school, apply lip balm, or dress appropriately to play outside.
Acts in a safe Manner	Carefully cut out geometric shapes with scissors, walk (not run) around the school, or avoid leaving his/her personal belongings lying around.	Make careful use of household products to clean his/her room, store an uneaten portion of a meal in the refrigerator, or make careful use of the appropriate tools to hang a favourite picture on the wall.	Comply with the Highway Safety Code when cycling, walking or traveling by car.	Wear a helmet when skating, comply with safety rules around a swimming pool, or identify a responsible adult before engaging in a leisure activity.	Adjust the water temperature before washing his/her hands, or wear a hat to protect himself/herself from the sun.