

# Learning through Competencies with (Free!) Technology-Based Resources

## POWER 2B ME

ALBERTA MILK Grades 7-9 Health & Life Skills  
focus on wellness, personal growth & well being  
set goals

reflect on personal decision-making  
build resilience

communicate through social media-type settings  
collaborate with others

understand influences and personal needs

[www.moreaboutmilk.com/teacher-programs/nutrition-education-programs/p2bme/](http://www.moreaboutmilk.com/teacher-programs/nutrition-education-programs/p2bme/)

## POWER TO PLAY

ALBERTA MILK Grades K-3 Health & Life Skills  
focus on wellness, personal growth & well being  
independent and collaborative play and exploration  
build self-awareness

identify and solve problems

commit to healthy actions and attitudes

develop creative thinking skills

develop literacy & numeracy skills

[www.moreaboutmilk.com/teacher-programs/nutrition-education-programs/power-play/](http://www.moreaboutmilk.com/teacher-programs/nutrition-education-programs/power-play/)

## MOO2YOU

ALBERTA MILK Grades 4-5 Social Studies & Science  
manage information sources

learn through inquiry, experimentation and discovery  
experiment with simulations

evaluate the impact of human activity

apply strategies to select, interpret, and understand information  
for responsible use

question and apply understandings

explore change and innovation

develop literacy & numeracy skills

assess careers and occupations

[www.moo2you.ca](http://www.moo2you.ca)

## GROW A BUG

ALBERTA CANOLA PRODUCERS Grade 3-5 Science & Social Studies

learn through inquiry, experimentation and discovery  
experiment with simulations

develop creative thinking

question and apply understandings

predict and assess impact

determine viable solutions

make connections

Watch for a new website at <http://learncanola.com/>

## MAKE A BETTER CITY

CITY OF EDMONTON Grade 6 Social Studies, Language Arts, Health  
learn authentically

research, using current, local and media sources, to solve local  
community based problems

experience a variety of sources and perspectives

evaluate the impact of community decisions and human activity

promote healthy and sustainable communities

take personal responsibility

commit to democratic ideals

take personal action

integrate around a personal or collaborative project

[www.edmonton.ca/bylaws\\_licences/bylaws/make-a-better-city.aspx](http://www.edmonton.ca/bylaws_licences/bylaws/make-a-better-city.aspx)

## BUILDING FUTURE VOTERS

ELECTIONS ALBERTA Grades 6, 9 & 12 Social Studies

take personal responsibility

commit to democratic ideals

explore individual and collective rights and identities

assess messages and communication in a democracy

explore ethical and personal decision-making

integrate multiple literacies to inform understandings

collaborate to develop class action projects

Watch for updated and new, digital resources at

[www.elections.ab.ca/education-and-outreach/](http://www.elections.ab.ca/education-and-outreach/)

## BUILDING COMMUNITIES THROUGH LOCAL GOVERNMENT

ALBERTA MUNICIPAL AFFAIRS Grade 6 Social Studies & Language Arts

experience a variety of sources and perspectives

evaluate the impact of community decisions and human activity

take personal responsibility

explore individual and community-based rights

advocate choices and activities that promote healthy communities

develop literacy & numeracy skills

[www.municipalaffairs.alberta.ca/edu\\_grade6](http://www.municipalaffairs.alberta.ca/edu_grade6)

## CTS ANIMALS VIRTUAL APPRENTICE

ALBERTA SPCA Grades 10-12 CTS

manage information sources

manage learning

real life contexts and opportunities to apply learning

apply understandings and skills

reinforce literacy & numeracy skills

use community and industry-based resources

develop work-ethic values

integrate career development into lifelong learning

assess careers and occupations

<http://ctsanimals.ca/>