

**Independence:** Being able to do things on your own.

**Enthusiasm:** Excited and ready to take on challenges.

**Empathy & Compassion:** To be able to understand other people's feelings, and find the best way to help or comfort them when they need it. To be a good friend.

**Respect:** Being kind to people. All people to be treated equally, listening to other people's points of view, using good manners and show an interest in people.

**Humility and Gratitude:** Being modest and not showing off. Being thankful and showing appreciation.

**Integrity:** Being honest and telling the truth. Doing the 'right thing' and be a good role model in all settings.

**Teamwork/Inclusiveness:** Allowing others to join in and not limiting yourself to certain people.

**Include everyone.** To be able to play and work co-operatively with all.

**Kindness:** Being generous, thoughtful and friendly. To be able to share and care about everyone.

**Confidence and Self-Efficacy:** Believing in yourself and your abilities. Not being shy of trying.

**Believing that through your actions you can achieve.** Try hard even if you fail you don't give up.

**Trust:** Being able to build positive relationships and earn trust through mutual respect. Be a good friend and believe in people and yourself.

**Concentration:** The art of focusing your attention. The art of not being distracted.

**Perseverance:** Not giving up when something is difficult, or you'd rather be doing something else.

**Problem Solving:** Using a variety of strategies and resources to help you solve something difficult.

**May involve perseverance.**

**Listening / Communicating:** Listening politely and respecting other people's ideas. Sharing your own ideas freely and clearly with others.

**Co-operation:** The ability to work together. It may involve compromise or self-sacrifice.

**Friendship:** Involves trust, generosity, sharing, empathy and more. Shouldn't be treated lightly or faded away.

**Good Humour:** Being in a good mood, and trying to brighten other people's mood.

**Self-esteem:** Feeling good about yourself and others.

**Feeling Safe and Secure:** Being able to feel relaxed and comfortable. You can help others feel this too.

**Courage and Risk -Taking:** The ability to face challenges, even if they are daunting. Appropriate risk-taking is trying things even if they fail.

**Managing Links:** Thinking in depth and connecting ideas and skills together.

**Curiosity:** Wanting to know or learn something. Asking questions to learn more.

**Managing Impulsivity:** Having the control to stop yourself from doing something that may not be appropriate at the time, this involves **self-control**.

**Imagination/ Creativity:** Forming new ideas, images or thoughts. Thinking outside of the box.

**Reasoning:** To think, talk, and write about things in a logical, sensible way. This may involve seeing other points of view.

**Revising/ Improving:** To make something better, in any way, than it already is.

**Imitation:** Using something or someone as an example to learn from.

**Questioning:** Asking questions if you're unsure. Asking questions to develop deeper understanding and asking why.

**Peace:** Having a chance to free your mind, being calm (mindfulness) and help create it.

**Resilience:** The ability to recover from difficulties and to try again.

**Optimism:** Thinking positively and seeing the brighter side.

**Meta-cognition:** Thinking about your own thinking and learning, and being aware of what you are doing. Being self-aware.