

GRATITUDE

gratitude

generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Gratitude means we are aware of all that we have in our life and of the good things that happen to us. We let our friends and family know we are thankful for them.

What does it look like in our classroom?

- We start a gratitude jar or have a gratitude journal. Every day we spend a moment writing down something or someone we are thankful for. At the end of the day we could write about the three things that went well for our class
- When things don't go our way we have an awareness of the fact that a lot of other things do go our way so we don't get too upset

What does it look like on our playground?

- If it rains and we can't play outside instead of thinking it is unfair we are able to shift our focus onto the wonderful things rain does for our planet
- If we get out in handball or don't get to play the game we had hoped for instead of complaining we have a sense that we are lucky to be playing at all

Name one way you could GROW this strength this week:



GENEROSITY

gratitude

generosity

justice

fairness

tolerance

self-regulation

tact

kindness

creativity

compassion

helpfulness

leadership

teamwork

patience

respect

bravery

hope

honesty

flexibility

social intelligence

humour

perspective

love

forgiveness

humility

reverence

spirituality

curiosity

perseverance

joyfulness

empathy

love of learning

What is it?

Generosity means we are able put others before ourselves. We give and share freely because we want to not because we expect anything in return. It means we are kind with our words and actions. If we are growing generosity, we start to be aware that there is plenty for everyone. When we are generous we give for the joy of it.

What does it look like in our classroom?

- We notice someone does not have a pencil or pen and we let them have our extra one
- We tell someone why we like them or appreciate them without expecting anything back

What does it look like on our playground?

- We see that someone has forgotten their lunch so we offer them our apple to eat or if we aren't allowed to share food we find a teacher to make sure our friend is ok
- We notice that someone hits a ball well or runs super-fast and we tell them so without wanting anything back from them

Name one way you could GROW this strength this week:



JUSTICE

gratitude
 generosity
justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

It is trying to be fair which may mean that things aren't always even! Justice means you have a concern and a respect for all people. It is seeing with your own eyes and not judging something or someone by what other people tell you. If you are growing justice, you might practice it by standing up for your rights and the rights of other people.

What does it look like in our classroom?

- We don't jump to conclusions; we see things from all sides. We can change our minds about something once we have heard different points of view
- If someone is distracting us from our work, we can ask them to stop

What does it look like on our playground?

- If we see someone being picked on we stand up for them
- If someone is cheating in a game, we can tell them to STOP

Name one way you could GROW this strength this week:



FAIRNESS

gratitude
 generosity
 justice
fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

It is giving everyone a chance. It means you treat people how you would like to be treated. If you growing fairness, you might try putting yourself in somebody else's shoes when having an argument. If you are fair, you are not bothered by the colour of someone's skin, their religion or ethnic background. When you are fair you can accept being wrong. You use your Wise Owl to make good decisions.

What does it look like in our classroom?

- When we make a mistake we can admit it
- We treat our classmates and teacher with respect

What does it look like on our playground?

- We don't let others decide what we think of people
- We try and include people in our games as much as possible

Name one way you could GROW this strength this week:



TOLERANCE

gratitude
 generosity
 justice
 fairness
tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Tolerance is accepting the things you wish to be different but cannot change. If you are growing tolerance you practice being flexible, telling yourself that things don't always have to go your way. Tolerance means even when the day is 'too' hot or 'too' cold or something is taking 'too' long you don't get 'too' fussed!

What does it look like in our classroom?

- We don't expect others to think, look or act just like us
- We show patience and forgiveness when people make mistakes

What does it look like on our playground?

- When someone annoys us we can be a traffic light and breathe first and more often than not walk away and go about our day!
- If a game isn't turning out exactly as we had planned, we don't let our Guard Dog get too bossy

Name one way you could GROW this strength this week:



gratitude
 generosity
 justice
 fairness
 tolerance
self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

SELF-REGULATION

What is it?

It means there is space between what we FEEL and what we DO. It means we can tell the Guard Dog to remain calm while we chat to our Wise Owl and Elephant who Tries to Remember so that we can make the best choice. If we are growing self-regulation we could make our own traffic light that we can refer to easily.

What does it look like in our classroom?

- We can be a traffic light when we notice we are upset, frustrated or angry
- If a friend is mean on purpose we may feel hurt but we can deal with it in a calm way

What does it look like on our playground?

- When someone upsets us we can walk away or get help
- When we notice we are angry we can take big breaths
- If we are being excluded we are able to notice how we feel and decide how we are going to deal with it by chatting to our Wise Owl

Name one way you could GROW this strength this week:



TACT

gratitude
generosity
justice
fairness
tolerance
self-regulation

tact

kindness
creativity
compassion
helpfulness
leadership
teamwork
patience
respect
bravery
hope
honesty
flexibility
social intelligence
humour
perspective
love
forgiveness
humility
reverence
spirituality
curiosity
perseverance
joyfulness
empathy
love of learning

What is it?

Tact is telling the truth but doing it in a way that does not upset or offend people. If you are growing tact you start to know what is important to say and what is perhaps better left unsaid.

What does it look like in our classroom?

- If we have an issue with someone, we tell them calmly and not in front of others
- We can stop and think before we give our opinion about something. For example we can say to ourselves before we speak: *"Is it true? Is it necessary? Is it kind?"*

What does it look like on our playground?

- We don't point and laugh at people when they do things differently
- When we feel frustrated by how someone is playing, we can tell them how we feel in a helpful and calm way

Name one way you could GROW this strength this week:



KINDNESS

gratitude
generosity
justice
fairness
tolerance
self-regulation
tact

kindness

creativity
compassion
helpfulness
leadership
teamwork
patience
respect
bravery
hope
honesty
flexibility
social intelligence
humour
perspective
love
forgiveness
humility
reverence
spirituality
curiosity
perseverance
joyfulness
empathy
love of learning

What is it?

Kindness is showing you care about anyone and anything. Kindness is doing good things for others even if we do not know them well. If we are growing kindness we might make it our mission every day to do one kind thing for someone else. When you are kind you can be generous. You can do small things that brighten people's lives.

What does it look like in our classroom?

- We notice when someone is sad and look after them
- We do things for others without expecting anything in return. E.g. we offer to help our teacher carry something without expecting a reward. Or we wait for our classmates to finish their work without distracting them

What does it look like on our playground?

- We include someone in our game who looks lonely
- We think of ways to make others happy e.g. we play a game they love, we complement each other
- Before speaking we let our words pass through three gates: *"Is it true? Is it necessary? Is it kind?"*
- Name one way you could GROW this strength this week:



CREATIVITY

gratitude
generosity
justice
fairness
tolerance
self-regulation

tact

kindness

creativity

compassion

helpfulness

leadership

teamwork

patience

respect

bravery

hope

honesty

flexibility

social intelligence

humour

perspective

love

forgiveness

humility

reverence

spirituality

curiosity

perseverance

joyfulness

empathy

love of learning

What is it?

Being creative means you can think of new ways to do things. You can imagine and produce ideas, art, answers and activities that are different. If you are growing creativity when you next face a problem, you try to come up with several solutions.

What does it look like in our classroom?

- When we face a problem we can think of multiple solutions
- We don't write or draw the same as the person next to us, we can think for ourselves

What does it look like on our playground?

- When we have a dispute we can come up with lots of ideas to solve it
- We make up interesting games and explore different ways of playing them

Name one way you could GROW this strength this week:



COMPASSION

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Compassion is understanding and caring about someone who is in trouble or is hurt. If you are growing compassion you try to forgive someone when they make a mistake as you care more about them than the mistake.

What does it look like in our classroom?

- We notice someone is sad and we try and help them
- If someone doesn't mean to hurt us we are quick to forgive them and move on

What does it look like on our playground?

- Someone falls over, we stop and check to see if they are ok
- Someone accidentally bumps into us, they say sorry and we move on quickly

Name one way you could GROW this strength this week:



HELPFULNESS

gratitude
generosity
justice
fairness
tolerance
self-regulation

tact

kindness

creativity

compassion

helpfulness

leadership

teamwork

patience

respect

bravery

hope

honesty

flexibility

social intelligence

humour

perspective

love

forgiveness

humility

reverence

spirituality

curiosity

perseverance

joyfulness

empathy

love of learning

What is it?

Helpfulness is being of service to someone or something. If you are growing helpfulness it means you practice being useful. It doesn't mean always doing what other people want instead it is looking at people around you and asking: *How can I be of benefit B.O.B?*

What does it look like in our classroom?

- We look for chances to be of service to others, such as holding the door open for someone who is carrying something
- We don't wait to be asked to help, we notice what someone needs and we do it, e.g. we see a friend has forgotten their pencil and we offer to lend them ours

What does it look like on our playground?

- We notice that someone is carrying a lot of things so we go and ask them if they need help
- We see that a person is struggling to do up their laces and we ask them if we can help
- We set ourselves as Be of Benefit challenge: how can I B.O.B today?

Name one way you could GROW this strength this week:



LEADERSHIP

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Leadership means you can encourage a group to get things done in a way that is peaceful and everyone feels included. It means you do a good job of organising activities. If you are growing leadership you might try and inspire others by being respectful and confident in a group situation.

What does it look like in our classroom?

- We listen to other people's points of view while ensuring things get done
- A teacher needs everyone's attention and we are able to get students to listen in a calm way
- We are fair when we are deciding what to do as a group, always listening to each person

What does it look like on our playground?

- We come up with a game and can organize others to play it in a respectful way
- Even though people are drawn to you, you don't have to always be the boss and controller of the games that are played. Instead you lead with fairness, making sure everyone has their say

Name one way you could GROW this strength this week:



TEAMWORK

gratitude
generosity
justice
fairness
tolerance
self-regulation

tact

kindness

creativity

compassion

helpfulness

leadership

teamwork

patience

respect

bravery

hope

honesty

flexibility

social intelligence

humour

perspective

love

forgiveness

humility

reverence

spirituality

curiosity

perseverance

joyfulness

empathy

love of learning

What is it?

Teamwork means you are loyal and dedicated to the group you are part of. It means you can work together as a class, not bicker and knock each other down. If you are growing teamwork you do your share and work hard for the success of the group.

What does it look like in our classroom?

- We can work side by side with others in a peaceful and constructive way
- We know we need to work together not against each other to get things done. e.g. *"United we stand, divided we fall"*

What does it look like on our playground?

- We cheer on people when they are in our game
- We problem solve together, hearing everyone's points of view

Name one way you could GROW this strength this week:



PATIENCE

gratitude
generosity
justice
fairness
tolerance
self-regulation
tact
kindness
creativity
compassion
helpfulness
leadership
teamwork

patience

respect
bravery
hope
honesty
flexibility
social intelligence
humour
perspective
love
forgiveness
humility
reverence
spirituality
curiosity
perseverance
joyfulness
empathy
love of learning

What is it?

Patience means you can wait. If you are growing patience you can be calm and tolerant when difficult things happen.

What does it look like in our classroom?

- We are learning something new and it is a little tricky. We don't get too frustrated as we know that mastering something takes time e.g. let's say we are deep in the pit of learning, we know we can get out of there. Or we are at the bottom of the growth mindset tree with our shark thoughts, we know we can change the way we are thinking about our problem
- We have our hand up to answer a question and everyone seems to be getting picked before us. We remain calm and wait for our turn

What does it look like on our playground?

- A game doesn't go our way and we accept we cannot always control everything
- We are gentle with others when they make a mistake and we are gentle with ourselves too

Name one way you could GROW this strength this week:



RESPECT

gratitude
generosity
justice
fairness
tolerance
self-regulation
tact
kindness
creativity
compassion
helpfulness
leadership
teamwork
patience

respect

bravery
hope
honesty
flexibility
social intelligence
humour
perspective
love
forgiveness
humility
reverence
spirituality
curiosity
perseverance
joyfulness
empathy
love of learning

What is it?

Respect is treating each other in a way that shows them we value what they have to say and feel. If you are growing respect, you try to speak to people in way that honours their dignity and you give them a chance to be heard.

What does it look like in our classroom?

- We raise our hands when we have a question or comment
- We give people our attention when they need it

What does it look like on our playground?

- We say excuse me when we need to get past someone
- We make sure we give people personal space

Name one way you could GROW this strength this week:



BRAVERY

gratitude
generosity
justice
fairness
tolerance
self-regulation

tact

kindness

creativity

compassion

helpfulness

leadership

teamwork

patience

respect

bravery

hope

honesty

flexibility

social intelligence

humour

perspective

love

forgiveness

humility

reverence

spirituality

curiosity

perseverance

joyfulness

empathy

love of learning

What is it?

Bravery is doing the right thing even when it is difficult or scary. If you are growing bravery, you may stand up for others even if no one else agrees. You can ask for help even if you aren't sure you will get it.

What does it look like in our classroom?

- We feel nervous to speak in front of our classmates but we remind ourselves that we can do hard things and we stand up and do it - despite being afraid!
- We seek help from the teacher when we know something is unfair or wrong

What does it look like on our playground?

- Standing up for ourselves or others even when we are scared
- Asking to join in a game

Name one way you could GROW this strength this week:



HOPE

gratitude
generosity
justice
fairness
tolerance
self-regulation
tact

kindness
creativity
compassion
helpfulness
leadership
teamwork
patience
respect
bravery

hope

honesty
flexibility
social intelligence
humour
perspective
love
forgiveness
humility
reverence
spirituality
curiosity
perseverance
joyfulness
empathy
love of learning

What is it?

If you have hope, you expect the best and you work hard to achieve it. If you are growing hope, you may believe you can do things to make a situation better.

What does it look like in our classroom?

- We have made a mistake and we think like our growth mindset tree "Mistakes help me learn.... Or I wonder how I do this.... Or I can do hard things"
- We have been stuck on a problem for a while but know that it will all work out in the end. We remember "I can do hard things"

What does it look like on our playground?

- We have a terrible play time but know that we can do things differently next time to make it better
- Someone is unkind to us on the playground, despite this we can think of ways to deal with it in a proactive helpful way
- We pick up rubbish even if it isn't ours as we have hope for the future of the planet being healthy and the oceans not having rubbish in them

Name one way you could GROW this strength this week:



HONESTY

gratitude
generosity
justice
fairness
tolerance
self-regulation
tact

kindness
creativity
compassion
helpfulness
leadership
teamwork
patience
respect
bravery
hope

honesty

flexibility
social intelligence
humour
perspective
love
forgiveness
humility
reverence
spirituality
curiosity
perseverance
joyfulness
empathy
love of learning

What is it?

Honesty means you tell the truth even when it is difficult to do so. If you are growing honesty, it may mean that you try being your real self and do not pretend to be somebody different to fit in with others.

What does it look like in our classroom?

- We can rely on each other not to cheat, lie or steal
- When we do the wrong thing we can own up and take responsibility

What does it look like on our playground?

- If we say we are going to do something, then we do it
- We don't exaggerate our successes just to impress others

Name one way you could GROW this strength this week:



FLEXIBILITY

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty

flexibility

social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Flexibility means being open to the need for change. If you are growing flexibility you try to understand that things can change and that things don't always have to go your way.

What does it look like in our classroom?

- If plans change during the day we can accommodate these without getting too upset
- We can change our minds

What does it look like on our playground?

- When we play games we are open to them changing
- We don't have to be the boss of everyone and everything. We are happy for others to take over

Name one way you could GROW this strength this week:



gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

SOCIAL INTELLIGENCE

What is it?

Social intelligence means you are aware of the motives and feelings of others. If you are growing social intelligence you start to know what to do to make people feel at ease.

What does it look like in our classroom?

- We can notice our feelings and those of others and label them
- We understand the way we behave in a classroom might be different than the playground or at home

What does it look like on our playground?

- We sense when someone is about to get upset and we try and help
- We see different points of view if there is an argument and come up with ways that help everyone

Name one way you could GROW this strength this week:



HUMOUR

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence

humour

perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Humour means you see the light side to a situation and love making people laugh. You connect to others by making them smile. If you are growing humour you try to have a cheerful view on problems.

What does it look like in our classroom?

- We connect to others by making them smile
- When there is a problem we try and see the light side to it

What does it look like on our playground?

- When something doesn't go our way in a game we can laugh it off
- We always make sure we are laughing with people and not at them

Name one way you could GROW this strength this week:



PERSPECTIVE

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Perspective means we can look at things from different points of view. With perspective we can see the world in a way that makes sense to others and ourselves. We know that sometimes a situation looks very different to someone else. We can give good advice. Listen carefully and then share ideas.

What does it look like in our classroom?

- When we have a problem we know that someone might see it differently to us
- We can listen carefully and share ideas

What does it look like on our playground?

- When we have a dispute with a friend we can still see things from their point of view
- If someone comes to us with a problem, we are able to listen and give good advice

Name one way you could GROW this strength this week:



LOVE

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Love means you value close relations with others. You see the importance of sharing and of caring for living things. If you are growing love you might try smiling more, offering to help and being a good listener. With love, you find out what is important to others.

What does it look like in our classroom?

- We are a friendly class that smiles at people when they walk in the door
- We listen to our friends and to our teacher

What does it look like on our playground?

- We play the favourite game of one of our friends because we know they adore it
- We offer to help someone who looks sad or lonely

Name one way you could GROW this strength this week:



FORGIVENESS

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Forgiveness means you give people a second chance. Forgiveness is a strength we can call on when we want to protect ourselves from the feeling of hatred. Think of someone who wronged you recently... try to understand it from their perspective. When you do this you will be growing forgiveness.

What does it look like in our classroom?

- When people behave in a selfish or mean manner and feel remorseful for it we are able to forgive them and move on
- We don't hold grudges

What does it look like on our playground?

- We have a disagreement with someone but we are able to see it from their perspective
- We never look to gang up on someone who has wronged us

Name one way you could GROW this strength this week:



HUMILITY

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Humility means you do not seek the spotlight instead you prefer that your accomplishments speak for themselves. You know that no one is perfect, not you and not others. If you are growing humility you don't need to present yourselves as being better than who you are.

What does it look like in our classroom?

- We don't need to show off when we do well
- When we are in the wrong we don't need to distort the information to make ourselves appear better

What does it look like on our playground?

- We don't brag even when we play really well
- We notice if we speak more than others in a group and try listening more

Name one way you could GROW this strength this week:



REVERENCE

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Reverence is behaving with an awareness of the wonder of things around you. If you are growing reverence you might make a mindful moment to really appreciate a tree you pass.

What does it look like in our classroom?

- We practice being reverent by keeping our classroom tidy and neat
- We notice something beautiful about our classroom and take a moment to appreciate it

What does it look like on our playground?

- We take a moment to be in the present. We can do this by naming something we can touch, see, smell, taste or hear
- We pause and look around the playground and pick out someone to do something kind for

Name one way you could GROW this strength this week:



SPIRITUALITY

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
spirituality
 curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Spirituality means you have a strong and coherent belief about the higher purpose and meaning of the universe. If you are growing spirituality you might try and understand where you fit in, in the larger scheme.

What does it look like in our classroom?

- If you are spiritual your beliefs shape your values
- When things don't go your way you are able to use the strength of your spiritual beliefs to get you through

What does it look like on our playground?

- Spirituality might look like forgiving somebody quickly because that is a value associated with your beliefs
- Spirituality might look like putting others before yourself because that is a value associated with your beliefs

Name one way you could GROW this strength this week:



CURIOSITY

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
curiosity
 perseverance
 joyfulness
 empathy
 love of learning

What is it?

Curiosity means you are interested in learning more about anything and everything. If you are growing curiosity you start asking more questions and seeking the interesting side out of nearly everything.

What does it look like in our classroom?

- We stop ourselves from saying something is boring instead we look for the interesting thing in it
- We give new activities a go because our interest in the experience is LOUDER than our fear of making a mistake

What does it look like on our playground?

- When someone suggests a new game we are interested in how it works
- We try playing with someone new one day just to see what it might be like and to understand them better

Name one way you could GROW this strength this week:



PERSEVERANCE

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
perseverance
 joyfulness
 empathy
 love of learning

What is it?

Perseverance means you can stick with things even when they get hard. You can turn your Sifting Sooty on and tell it to focus on the work you need to get done. If you are growing perseverance, you can try setting a goal and seeing that you achieve it.

What does it look like in our classroom?

- If people put our work down, we keep going
- When we make mistakes we learn and grow from them as we know where our thinking will take us on the tree

What does it look like on our playground?

- We try a new game and we find it hard but we stick with it until we get it
- We want to master a new skill and find obstacles keep getting in our way but we STICK with it until we feel confident

Name one way you could GROW this strength this week:



JOYFULNESS

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
joyfulness
 empathy
 love of learning

What is it?

Joyfulness means we are filled with happiness, peace, well-being and love. It means you live life with a sense of excitement, anticipation, and energy. If you are growing joyfulness you might start appreciating more of the things around you and this showing in nearly everything you do.

What does it look like in our classroom?

- When we have a setback, we still have a sense of life being very good
- Whatever we are doing we are enjoying them fully

What does it look like on our playground?

- Even when we are playing a game we aren't mad about we can tap into the joy within us
- We smile and take delight in playing with everyone around us

Name one way you could GROW this strength this week:



EMPATHY

gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
empathy
 love of learning

What is it?

Empathy means you try to understand how someone else might be feeling. If you are growing empathy you can try and walk in their shoes or step into their skin. This doesn't mean you literally pop on their shoes and get inside their skin! It means you really try hard to imagine what it would feel like to be them and how they might be seeing things.

What does it look like in our classroom?

- When we hear a story we can imagine what the character in the book might be feeling
- When we notice someone is sad we try and imagine things from their point of view

What does it look like on our playground?

- If someone is left out we imagine how that might feel and ask them if they would like to play with us
- We see that someone is disappointed and tell them that we notice that this is how they might be feeling

Name one way you could GROW this strength this week:



gratitude
 generosity
 justice
 fairness
 tolerance
 self-regulation
 tact
 kindness
 creativity
 compassion
 helpfulness
 leadership
 teamwork
 patience
 respect
 bravery
 hope
 honesty
 flexibility
 social intelligence
 humour
 perspective
 love
 forgiveness
 humility
 reverence
 spirituality
 curiosity
 perseverance
 joyfulness
 empathy
love of learning

LOVE OF LEARNING

What is it?

Love of learning means you delight in finding out new things whether in class or on your own. If you are growing this you might use this strength to persist through any challenges because you have an appreciation of what is involved in mastering something new.

What does it look like in our classroom?

- We ask questions without fear of sounding silly
- We learn something new every single day

What does it look like in our playground?

- We love hearing different ways of playing games
- We take joy in finding out new information from our friends

Name one way you could GROW this strength this week:

