



Curiosity

## What are the school doing to improve pupil's character muscles?

The school is taking part in a training programme called Route to Resilience. Over the last few months, we have been introducing the vocabulary of character strengths to pupils in the school and displaying these words in the classroom. Lessons will often include mini activities to warm up the muscles that are needed to help the children succeed. We are encouraging the children to recognise these character strengths in themselves and others. Each class teacher will give one Star of the Week certificate which will link to the character strengths whenever possible



Honesty



Teamwork

## What will I notice at home?

Your child will begin to use character vocabulary at home and you will see the words mentioned more often in the certificates your child receives from school. You may find that your children will want to talk to you about the character traits they find more difficult or the ones they are very proud of. Teaching staff will comment on character strengths in the end of year report and your child will get the opportunity to reflect on which ones they feel they have really worked on this year.



Perseverance



Creativity

## How can I help my child develop these life skills?

Keep referring to the character strengths in situations that arise outside of school; clubs, social occasions and daily home-life. Remind your child that character traits are just like muscles, the more we use them the stronger they become, in school we often refer to them as **character muscles**. Give them opportunities to practise these life skills and remember...

***“Satisfaction lies in the effort not in the attainment, full effort is full victory” - Gandhi***

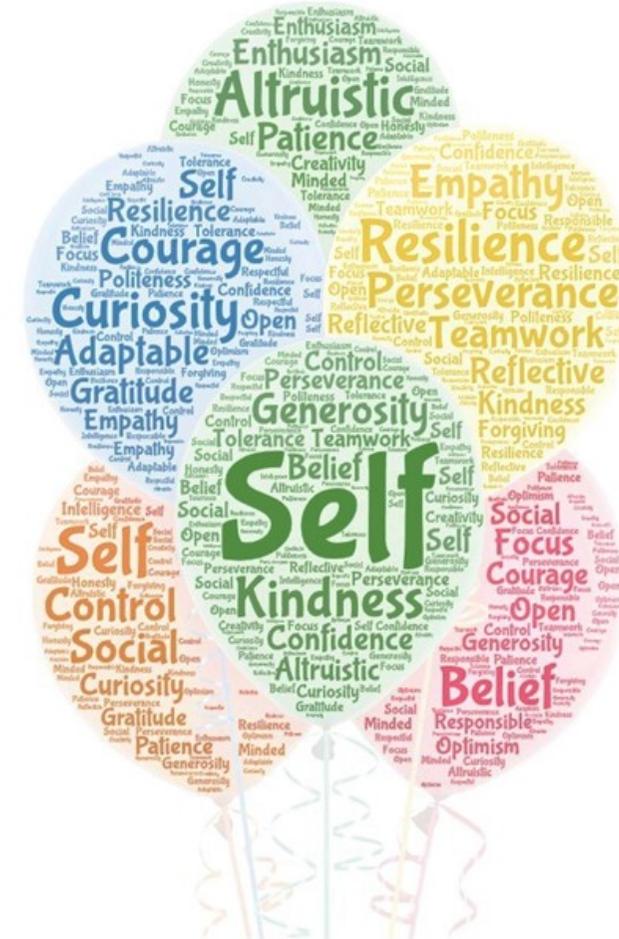
# Harby C of E Primary School



# Life Skills and



# Character Strengths



## What is Character Education?

Put simply, it is recognising, understanding and developing the character traits that make us unique and then using these character strengths to allow us to be the best version of ourselves. At the heart of character education is creating a culture in and out of school where pupils are given every opportunity to rehearse and strengthen their sense of themselves and develop the skills they will need both at school and in the wider world as they grow into adulthood.

## Why is it important for my child?

Children starting school in 2019 will not reach retirement age until 2081 at the earliest! Just think how much the world has change since 1959, children starting school that year are only just reaching retirement age now. We need to equip pupils with life skills that will prepare them for the changing world of employment and support them to become happy and healthy adults.



Social Intelligence



Kindness

### Our chosen character strengths

Below you will find a list of the character strengths that we have chosen to encourage and develop within the school. We created this list by combining parent views with the views of the whole school staff. We have also included a simple, child-friendly definition so that the children understand what each word means.

Character Strength	Definition
Adaptable	Able to change their ideas or behaviour in order to deal with new situations.
Altruistic	Putting others before yourself
Confidence	Feel sure about your abilities, qualities, or ideas.
Courage	The quality shown by someone who decides to do something difficult even though they may be afraid.
Creativity	To invent and develop original ideas
Curiosity	To want to know and learn about things
Empathy	To share another person's feelings and emotions as if they were your own.
Enthusiasm	A great eagerness to be involved.
Focus	To concentrate on something and think about it, discuss it, or deal with it, without being distracted.
Forgiving	To stop being upset or angry with someone who has done something wrong to you.
Generosity	Doing or giving more than is usual or expected.
Gratitude	To be thankful for what we have
Honesty	To always tell the truth, and do not try to deceive people or break the law.
Kindness	Being gentle, caring, and helpful.

Character Strength	Definition
Open-minded	Willing to listen to and consider other people's ideas and suggestions.
Optimism	Being hopeful about the future.
Patience	To be able to wait for something or someone.
Perseverance	Continuing with something <u>even</u> though it is <u>difficult</u> .
Politeness	To have good manners and behaves in a way that is not rude to other people.
Reflective	To be able to think deeply about something, consider what could be changed or other people's views.
Resilience	Being able to 'bounce back' and carry on even when things have been difficult.
Respectful	To show someone that you have a good opinion of their character or ideas.
Responsible	To behave properly and sensibly, without needing to be supervised.
Self-belief	To have confidence in yourself, your skills and what you know.
Self-control	To control your words and actions and to know when it is the right time to do or say something.
Teamwork	The ability to work well with a group of people.
Tolerance	Allowing other people to say and do as they like, even if you do not agree or approve of it.