

## **Empathy**

Empathy means showing an awareness of our own and others' feelings. This includes understanding that there are a range of different feelings and accepting that others' feelings are not necessarily the same as our own. It requires an understanding that words and actions can affect others' feelings both positively and negatively.



**ABBEY MEAD**  
PRIMARY ACADEMY

## **Integrity**

Integrity is allowing children to develop their own sense of morality and what is right or wrong. It is about doing the right thing even when no one is looking. This includes being honest and fair and treating others equally. It includes developing good values and beliefs, and how to act within them.



## **Resilience**

Resilience is all about keeping on trying even when we have found something really difficult. This involves never giving up even when something seems impossible and changing strategies when one strategy does not work. It is also about knowing when to ask for help, or what resources we can use to help us achieve our goals.



## **Risk Taking and Courage**

Risk taking is trying something new even though you might be worried about it. It is about weighing up the pros and cons of a situation and making an informed decision as to whether to continue. It is having the courage to 'take the plunge' in order to grow and develop as a person.



## **Creativity**

Creativity means taking an imaginative approach to learning; making their work their own by using a variety of methods and resources. This requires drawing upon past experiences as well as thinking 'outside the box' to solve problems in a way that is unique to the individual.



Equipping students with the characteristics they need to be happy, healthy and successful.

## What are character muscles?

Here at Abbey, we are starting our Route to Resilience journey, focused on building the characteristics children need to succeed across the curriculum and in all areas of life.

This leaflet will explain the 12 character muscles we are initially focusing on building and what they look like. Using these words and character muscles with your children at home will really help them to secure these skills.



### Communication

Communication means actively listening to others, making eye contact and taking turns within a conversation. It includes responding appropriately to what others are saying in a calm, polite way even if the listener doesn't agree with what is being said. Questions asked are linked to the conversation, and the listener knows that they can ask the speaker to repeat what they have said if needed.



### Teamwork

Teamwork is about communicating effectively with our peers to achieve a joint goal. It involves listening to others' ideas and offering ideas to the group; allowing the group to make joint decisions and adapt as needed. It is about offering equal effort and value to the group making use of everybody's skills and experiences. Teamwork also entails agreeing or compromising on what is to be achieved; supporting one another and celebrating achievements together.



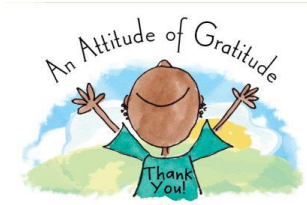
### Curiosity and Love of Learning

Curiosity means asking questions and taking an interest in learning to create a deeper understanding of concepts and the world around. This leads to a love of learning whereby children develop their passions and interests. This increased passion leads to a desire to personalise understanding and apply knowledge in a meaningful way throughout life.



### Gratitude

Gratitude is being thankful for the things that we have and showing this in meaningful ways, as well as understanding that not everybody is as fortunate as we are. This includes gratitude for physical resources but also for our health, education, well-being and family, as well as sacrifices that others have made for us.



### Confidence

Confidence is having belief in our own abilities and applying our knowledge and skills independently in a variety of contexts in order to achieve a desired outcome. A key part of this is not being afraid of making mistakes and acknowledging that mistakes are a part of learning. This allows us to not only complete our own tasks but also to inspire and support others to achieve their goals.

### Independence

Independence is vital to children's development both physically and emotionally and links hand-in-hand with confidence. This can be achieved by allowing children to have a go themselves and letting them make mistakes. This may mean taking a little longer to complete tasks and taking a step back to allow children to flourish on their own terms. Children can be really surprising if they are given the opportunity to shine!



### Reflecting

Reflecting includes looking back on what has been done and evaluating to improve outcomes the next time. It is about acknowledging what went well and what didn't go so well and why, leading onto the changes that can be made in order to improve. It is about understanding that nothing is perfect and that we must try to make the best of what we have to create the most desirable outcome.

