



**Integrity** means to:

- Develop a strong sense of right and wrong.
- Do the right thing even when no one is watching.
- Be honest and fair with others.
- Treat everyone equally.
- Build positive values and beliefs.
- Act in ways that reflect those values.

**Empathy** means to:

- Understand how others feel.
- Recognise that people experience emotions differently.
- Consider how your words and actions affect others.
- Respond with kindness and understanding.
- Show awareness of your own feelings and manage them respectfully.



**Courage** means to:

- Try new things, even when they feel challenging.
- Face fears with confidence.
- Make brave decisions after thinking things through.
- Stand up for what is right.
- Keep going, even when a situation feels uncomfortable.



**Creativity** means to:

- Use imagination when approaching learning.
- Make work your own by using different methods and resources.
- Draw on past experiences to generate ideas.
- Think “outside the box” to solve problems creatively.
- Create solutions that reflect your individual style.

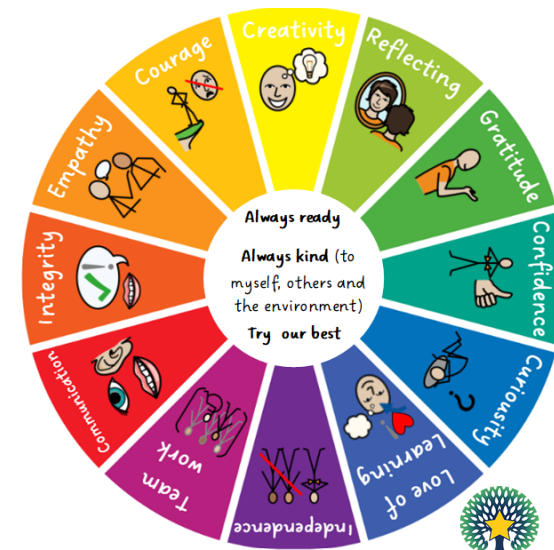


## Our Three Values and Character Muscles

At Abbey Mead Primary Academy, we have three values that underpin the behaviour we expect to see in school from all staff and children.

These are:

- **Always be ready**
- **Always kind** (to myself, others and our environment)
- **Try my best**



**ABBEY MEAD**  
PRIMARY ACADEMY

Alongside our three core values, we focus on developing **12 Character Muscles** that help children grow into confident, resilient and kind individuals. These qualities support their learning and prepare them for future challenges both in school and in life.

## What are character muscles?

Here at Abbey, we are 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 means to:

- Actively listen to others.
- Maintain eye contact.
- Take turns when speaking.
- Respond calmly and politely, even when you disagree.
- Ask questions that relate to the conversation.



### Reflecting means to:

- Look back at what you've done.
- Identify what went well.
- Recognise what didn't go well and why.
- Use this understanding to plan improvements.
- Accept that nothing is perfect.
- Focus on making the best of what you have.
- Aim for better outcomes next time



### Love of Learning means to:

- Enjoy discovering new ideas and skills.
- Show enthusiasm for learning new things.
- Take pride in improving and growing.
- Stay motivated to learn independently.
- Apply learning to real-life situations.



### Independence means to:

- Develop physical and emotional independence.
- Build confidence by trying tasks independently.
- Allow mistakes as part of learning.
- Accept that tasks may take longer when done alone.
- Step back to let children grow in their own way.



### Gratitude means to:

- Be thankful for what you have.
- Show appreciation in meaningful ways.
- Recognise that others may have less.
- Appreciate not just physical things, but also health, education, wellbeing, and family.



### Teamwork means to:

- Communicate effectively to achieve a shared goal.
- Listen to others' ideas and contribute your own.
- Make decisions together and adapt when needed.
- Put in equal effort and value everyone's skills.
- Agree or compromise on goals as a group.
- Support one another and celebrate successes together.



### Confidence means to:

- Believe in your own abilities.
- Use your skills and knowledge independently.
- Try tasks in different situations to achieve your goals.
- Accept mistakes as a natural part of learning.
- Learn from errors rather than fear them.



### Curiosity

- Ask questions to explore ideas.
- Show interest in learning new things.
- Seek deeper understanding of the world.
- Explore topics independently.
- Use curiosity to inspire further learning

