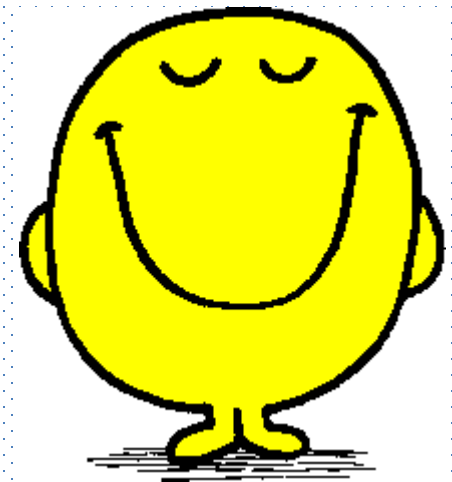


How many humans of the planet?



By focusing parts of who you are you can develop your character leading to ...



Instead of focusing on all the things that can go wrong – celebrate all that's right.



Core virtues that lead to a meaningful life. Wisdom, Humanity, Justice, Temperance, Transcendence and Courage.

Wisdom	Humanity	Justice
Creativity (imagination)	Love	Social Responsibility (act for the benefit of society)
Curiosity (inquisitiveness)	Kindness	Teamwork
Love of Learning	Social Intelligence (cooperation/connections)	Fairness
Perspective (viewpoint)		Leadership
Temperance	Transcendence	Courage
Forgiveness	Gratitude	Bravery
Humility (modest, not believing you are better than others)	Appreciation of Beauty	Perseverance (determination/grit)
Prudence (cautious)	Optimism (hope/confidence)	Honesty (truth)
Self-Control (will power)	Humour	Enthusiasm (interest/zest)
	Spirituality	

Every person has a unique combination of strengths



Scientists have found that if we focus on building on strengths we have it will have a lasting effect on happiness and success.

The key to human relationships is to appreciate the character strengths of other. You can help shape the other people's character too.



Who do you admire and why? &...

*Improve your character
through mindful striving
or let your character
worsen through
negligence and
obliviousness.*

Buddhism

*Happiness comes from
learning and practising
virtuous character
strengths.*

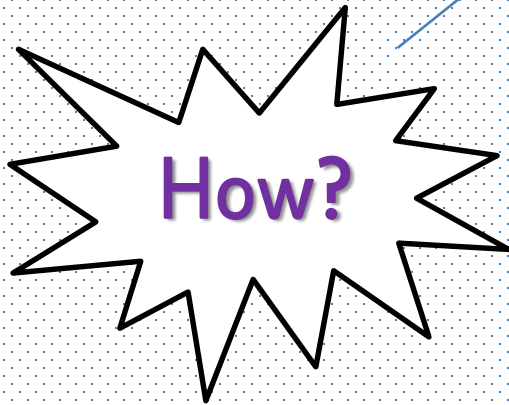
**Greek Philosophers
Socrates, Plato and
Aristotle**

*Character education is
just as important to
education as Reading,
Maths and Science.*

Maria Montessori

Lots of influential historic
people believe character
education to be important.

By having growth mindset.
*I can change; if I set my
mind to it I can do
ANYTHING!*



Watch your thoughts: they become words.

Watch your words: they become actions.

Watch your actions: they become habits.

Watch your habits: they become your character.

Watch your character: it becomes your **destiny**.

Frank Outlaw

There are 7 strengths that are key to success and happiness for ALL people.

Optimism

Gratitude

Curiosity

Perseverance (grit)

Enthusiasm

Self – control

Social Intelligence

What are your character strengths? How could you use them more?

We are going to really focus on your individual strengths (super powers) and strengthen them further like a muscle so we become the best versions of ourselves.



How do you want to be?

By focusing on becoming the best version of ourselves and by encouraging others to do the same we can lead to important changes in the school, at home, in the community and the world.



Great Dalby Primary School

We are going to continue to focus on some key character strengths and develop them further in school and then you can help others at home to develop the same strengths.

Curiosity*

Courage

Kindness*

Grit

Optimism

Good Humour

Respect

Feeling Safe/Secure*

Concentration*

Gratitude

Communicating

Confidence

Perseverance*

Cooperation

Self-esteem

Consideration*

Honesty

Questioning*



Passion for learning



Brain muscles



Curiosity

What's in the bag?

