

1. Learning		What it is...
a)	COMMUNICATE	<ul style="list-style-type: none"> * We can tell people what we mean (by talking and writing). * We speak clearly and confidently. * We think before we ink! * We can write sentences that make sense.
b)	SOLVE PROBLEMS	<ul style="list-style-type: none"> * We can solve a problem at school. * We can solve problems outside of school. * We can think about what we need to do.
c)	BE SAFE	<ul style="list-style-type: none"> * We can be safe when using technology. * We make sure we don't give out personal information.
d)	EVALUATE	<ul style="list-style-type: none"> * We can think about what we have done, why it is good and what we can do to make it better.
e)	DISCOVER	<ul style="list-style-type: none"> * We want to find out about new things. * We can find things out from a variety of sources.
f)	FOCUS	<ul style="list-style-type: none"> * We can do our work without being distracted. * We can follow the Listening Rules.

2. Self		What it is...
a)	BE RESILIENT	<ul style="list-style-type: none"> * I keep trying. * I learn from my mistakes and don't get angry. * I am determined and don't get frustrated.
b)	BE INDEPENDENT	<ul style="list-style-type: none"> * I can try it for myself first. * I am organised. * I think for myself and don't rely on others.
c)	BE SELF-ASSURED	<ul style="list-style-type: none"> * I believe I can do it. * I will take a risk. * I am not afraid to get it wrong. * I share my ideas. * I put my hand up to have a go.
d)	GET MOTIVATED	<ul style="list-style-type: none"> * I am enthusiastic. * I want to be involved. * I give it a go.
e)	BE REFLECTIVE	<ul style="list-style-type: none"> * I know my strengths. * I know my next steps. * I know what challenges me.
f)	MAKE GOOD MORAL CHOICES	<ul style="list-style-type: none"> * I do the right thing. * I treat others as I wish to be treated. * I make the right choices. * I don't blame others for my mistakes.

3. Attitudes		What it is...
a)	BE PREPARED TO TAKE RISKS	<ul style="list-style-type: none"> * Have a go; don't worry if it goes wrong. * Challenge yourself. * Try new things.
b)	SHOW FINANCIAL RESPONSIBILITY	<ul style="list-style-type: none"> * Only use what you need. * Value your possessions.
c)	MAKE DECISIONS	<ul style="list-style-type: none"> * Consider your options and explore possibilities.
d)	USE INITIATIVE	<ul style="list-style-type: none"> * Think for yourself. * Be proactive.
e)	BE RESILIENT	<ul style="list-style-type: none"> * Keep trying and keep calm.

4. Relationships		What it is...
a)	COLLABORATE	<ul style="list-style-type: none"> * Let others have a say. * Be a team player.
b)	RESPECT	<ul style="list-style-type: none"> * Look after yourselves, others and the things around you.
c)	BE CULTURALLY AWARE	<ul style="list-style-type: none"> * Recognise and accept differences in each other. * Learn about other cultures.
d)	NEGOTIATE	<ul style="list-style-type: none"> * Be prepared to compromise. * Listen to and explore the views of others. * Be open to ideas.
e)	EMPATHISE	<ul style="list-style-type: none"> * Put yourself in other peoples' shoes. * Consider the feelings of others. * Listen.