



Resilience



We don't give up. We show strength. We bounce back.

Values

Roots

We keep trying when we are challenged

We always try our best and accept that is all we can do

We recognise that it is OK to make mistakes

We have a positive mindset

We pick ourselves up and try again



Understanding

Stems

We know/understand:

- When we challenge ourselves, we grow
- If we give up, we won't succeed
- It is important to always try our best
- All anyone can ask of us is to try our best
- Success can be about effort not just achievement
- Everyone makes mistakes
- Mistakes are opportunities to learn
- Ways to solve problems
- How to work together and support each other
- The importance of positive self-talk
- That things change and it is how we adapt to it that matters
- It is important to take risks
- How to have courageous conversations
- The importance of decision making
- Not to take everything personally

Behaviours

Leaves

- Has a growth mindset
- Has an optimistic outlook
- Tries their best
- Takes considered risks
- Doesn't give up easily
- Learns from their mistakes
- Accepts their own flaws and limitations
- Is good at problem solving
- Deals with difficult situations well
- Is confident to make decisions
- Talks kindly to themselves
- Works collaboratively
- Has another go if it isn't right
- Is able to 'let things go'

