



Values Character Muscles



Kindness	Respect	Resilience	Uniqueness	Confidence	Aspiration
EYFS	EYFS	KS1	KS1	LKS2	UKS2
Love Friendship Empathy Forgiveness Compassion Politeness Helpfulness	Listening Understanding Honesty Cooperation Team Work Impulse Control Morality	Patience Perseverance Concentration Optimism Enthusiasm Reasoning Determination	Creativity Expression Humour Authenticity Questioning Tolerance Imagination	Independence Self-Esteem Self-Regulation Self-Efficacy Belonging Peace Gratitude Decision Making Humility Advocacy	Curiosity Risk-Taking Courage Responsibility Commitment Self-Awareness Personal Growth Improvement/Revision Drive Passion

Before character can become an integral part of teaching and learning, the basic concept must first be taught. Guy Claxton's metaphor of seeing these characteristics as 'muscles' is very helpful as it conveys a number of key points that the teaching phase needs to help children understand...

- We all have all of these qualities to a greater or lesser extent.
- Through conscious exercise and focus they can be made stronger.
- A characteristic that is built through one exercise is transferable to a different context.
- The correct combination of muscles applied to the task at hand is the route to success.
- If we have areas that are perceived as weaker-the best response is not to avoid this 'muscle' but to make yourself exercise it
- Successful people are a combination of these basic muscles. Whilst it may not be possible to play football all day, there are plenty of opportunities to strengthen teamwork, creativity, self-control, perseverance and the many other qualities that combine into success. These are then transferred from one activity to another.

It is important that children internalize the idea that we each possess the full range of characteristics celebrated, and that they can strengthen all of these capacities through sustained effort. School is a great opportunity to explore new ways to develop these transferable, and valued, human traits.

