


# Imagine




Act on some ideas.

Respond to the ideas of others.

Respond to questions about ideas.

With help, develop ideas.

# Push yourself



Express doubts and fears.

Explain feelings in uncomfortable situations.

Listen to people who try to help.

Begin to push past fears (with encouragement).

Begin to try to do something more than once.


# Don't give up

Try again with the help of others.

Try to carry on even if a failure causes upset.

Keep going in activities of interest.

Try to think of oneself as lucky.




Don't give up

Work hard

Understand others

Imagine

Concentrate

Improve

Push yourself

Personal Development Booklet

King's Meadow Academy



Choose one thing to improve (with help).

Make a small improvement (with help).

Share with others likes about own efforts.

Take encouragement from others in areas of interest.

Enjoy the results of effort in areas of interest.

Work hard with the help of others.



# Work hard & improve



Begin to show signs of concentration.

Begin to 'tune out' distractions.

Begin to seek help when needed.

Give attention to areas of interest.

# Concentrate

# Try new things

Try new things with the help of others.

Talk about some things of personal interest.

Join in with familiar activities.

Concentrate on things of interest.



# Understand others

Show an awareness of someone who is talking.

Show an understanding that ones own behaviour affects other people.

Listen to other people's point of view.



Understand others