

Imagine



Begin to enjoy having new ideas.

Show some enthusiasm for the ideas of others.

Show enjoyment in trying out some ideas.

Ask some questions in order to develop ideas.

Push yourself



Push past fears and reflect upon the emotions felt afterwards.

Show a willingness to overcome fears.

Keep trying after a first attempt.

Begin to understand why some activities feel uncomfortable.

Begin to take encouragement and advice from others.

Don't give up

Find alternative ways if the first attempt does not work.

Bounce back after a disappointment or failure.

Show the ability to stick at an activity (or a club or interest).

See oneself as lucky.



Don't give up

SILVER

Concentrate

Work hard

Try new things

Improve

Push yourself

King's Meadow Academy

Personal Development Booklet



Improve

Share with others a number of positive features of own efforts.

Begin to encourage others to work hard.

Reflect on how effort leads to success.

Enjoy working hard in a range of activities.

Attempt to make improvements.

Identify a few areas for improvement.



Work hard

Work hard & improve



Develop areas of deep interest.

'Tune out' some distractions.

Search for methods to help with concentration.

Focus on activities.

Concentrate

Try new things

Try new things when encouraged.

Enjoy new experiences.

Join clubs or groups.

Talk about new experiences with others.



Try new things

Understand others

Listen to others, showing attention

Think of the effect of behaviour on others before acting.

Describe the points of view of others.



Understand others