



Character Muscles - 6Rs



| Ready | Responsible |
|--|---|
| <div data-bbox="399 205 500 367" data-label="Image"></div> <ul style="list-style-type: none"> • Concentration: The act of focusing your attention. The art of not being distracted. • Independence: Not relying on others to do things for you. Showing that you can learn to do things for yourself. • Curiosity: A strong desire to know or learn something. Asking questions to learn more. • Enthusiasm: Ready and keen to learn all there is to know, and to contribute and enjoy. • Self-Esteem: Feeling good about yourself and others. • Feeling Safe and Secure: Being able to feel relaxed and comfortable. You can help others to feel this | <div data-bbox="1105 205 1248 367" data-label="Image"></div> <ul style="list-style-type: none"> • Managing Impulsivity: Restraining yourself from doing something that may not be appropriate at the time. Involves self-control. • Respect: Admiring someone, and also listening to others and considering their views. • Humility and Gratitude: Being modest and not showing off. Being thankful and showing appreciation. • Integrity: Being honest and telling the truth. Doing the 'right thing.' • Peace: Freedom from disturbance. You can feel it, and help create it. • Friendship: Involves trust, generosity, sharing, empathy and more. Shouldn't be treated lightly or traded away. • Good Humour: Being in a good mood, and trying to brighten other people's mood. • Kindness: Being generous, thoughtful, and friendly. |
| Resourceful | Resilience |
| <div data-bbox="386 928 522 1089" data-label="Image"></div> <ul style="list-style-type: none"> • Imitation: Using something or someone as a model to learn from. • Listening/Communicating: Listening politely and respecting other people's ideas. Sharing your own ideas freely and clearly with others. • Questioning: Asking questions if you're unsure. Asking questions to develop deeper understanding and asking why. • Co-operation: The ability to work together. May involve compromise or self-sacrifice. • Teamwork/Inclusiveness: Allowing others to join in and not limiting yourself to certain people. | <div data-bbox="1092 928 1273 1089" data-label="Image"></div> <ul style="list-style-type: none"> • Perseverance: Not giving up even when something is difficult, or you'd rather be doing something else. • Revising/Improving: To make something better, in any way, than it already is. • Resilience: The ability to recover from difficulties. • Confidence: Believing in yourself and your abilities. Not being shy of trying. • Optimism: Thinking positively and seeing the bright side. • Self-Efficacy: Believing that through your actions you can achieve. |
| Reflective | Risk Taker |
| <div data-bbox="380 1522 540 1677" data-label="Image"></div> <ul style="list-style-type: none"> • Making Links: Thinking in depth and connecting ideas and skills together • Reasoning: The ability to think, talk, and write about things in a logical, sensible way. May involve seeing other points of view. • Meta-cognition: Thinking about your own thinking and learning, and being aware of what you are doing. • Empathy & Compassion: The ability to understand other people's feelings, and find the best way to help or comfort them when they need it. | <div data-bbox="1099 1522 1263 1677" data-label="Image"></div> <ul style="list-style-type: none"> • Imagination/Creativity: Forming new ideas, images, or concepts. • Problem Solving: Using a variety of strategies and resources to help you solve something difficult. May involve perseverance. • Courage & Risk-Taking: The ability to face challenges, even if they are daunting. Appropriate risk-taking is trying things even if they may fail. |