

Route to Resilience Character Muscles and Definitions

EYFS

Curiosity: A strong desire to know or learn something. Asking questions to learn more.

Imagination: Forming new ideas, images, or concepts.

Risk-Taking: The ability to face challenges, even if they are daunting. Appropriate risk-taking is trying things even if they may fail. This includes courage

Enthusiasm: Ready and keen to learn all there is to know, and to contribute and enjoy.

Concentration: The act of focusing your attention. The art of not being distracted.

Attention: to watch, listen and think about something carefully with interest.

Independence: Not relying on others to do things for you. Showing that you can learn to do things for yourself.

Inclusiveness: Allowing others to join in and not limiting yourself to certain people.

Listening/Communicating: Listening politely and respecting other people's ideas. Sharing your own ideas freely and clearly with others.

Friendship: Involves trust, generosity, sharing, empathy and more. Shouldn't be treated lightly or traded away.

KS1

Questioning: Asking questions if you're unsure. Asking questions to develop deeper understanding and asking why.

Perseverance: Not giving up even when something is difficult, or you'd rather be doing something else. This includes determination.

Reasoning: The ability to think, talk, and write about things in a logical, sensible way. May involve seeing other points of view.

Co-operation: The ability to work together. May involve compromise or self-sacrifice

Respect: Admiring someone, and also listening to others and considering their views.

Kindness: Being generous, thoughtful, and friendly.

Confidence: Believing in yourself and your abilities. Not being shy of trying.

Honesty: Being honest and telling the truth. Doing the 'right thing.'

Feeling Safe and Secure: Being able to feel relaxed and comfortable. You can help others to feel this too.

Imitation: Using something or someone as a model to learn from.

KS2

Making Links: Thinking in depth and connecting ideas and skills together

Self-Control: Restraining yourself from doing something that may not be appropriate at the time.

Improving: To make something better, in any way, than it already is.

Problem Solving: Using a variety of strategies and resources to help you solve something difficult. May involve perseverance.

Empathy: The ability to understand other people's feelings, and find the best way to help or comfort them when they need it.

Humility: Being modest and not showing off.

Gratitude: Being thankful and showing appreciation.

Good Humour: Being in a good mood, and trying to brighten other people's mood.

Resilience: The ability to recover from difficulties.

Optimism: Thinking positively and seeing the bright side.

Self-Efficacy: Believing that through your actions you can achieve.

Self-Esteem: Feeling good about yourself and others.

Inventive: having the ability to create or design new things and think originally.

Adaptable: Gratitude being able to change your ideas or behaviour in order to deal with new situations.