





# Curiosity

Everyone is open to learning new things about themselves, all that surrounds them and how the two fit together.



# Health

Everyone has the skills and tools to maintain a healthy balance of their mental, physical and emotional wellbeing.



# Confidence

Everyone believes in themselves, stands up for what is right and has the confidence to reflect and learn from their actions.



# Resilience

Everyone keeps trying to better themselves, even when things are difficult or when we make mistakes.



# Empathy

Everyone is kind, caring and considerate of the feelings of one another.



# Respect

Everyone treats our environment with respect and appreciates the cultures, beliefs and views of one another.

What should we say or ask more often?





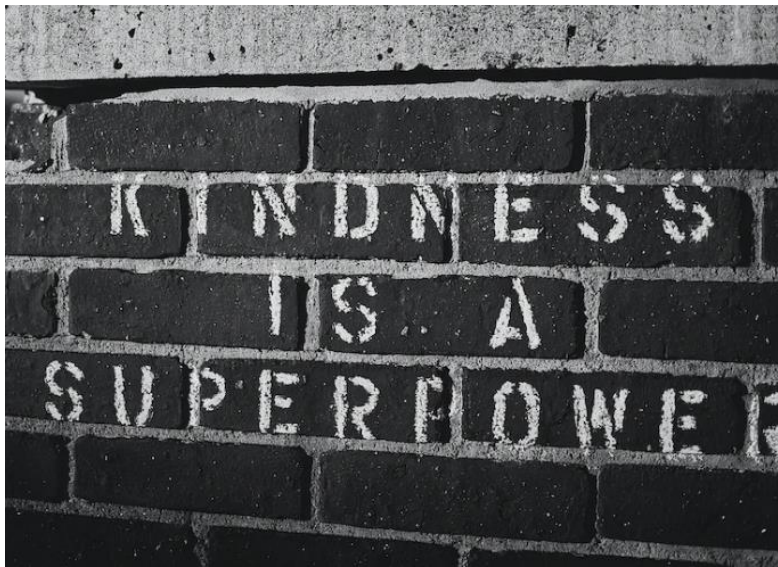
# What should we say more often?

- ▶ Please
- ▶ Thank you
- ▶ I really like your work
- ▶ Can I help you?
- ▶ Do you want to play with us?
- ▶ Are you ok?

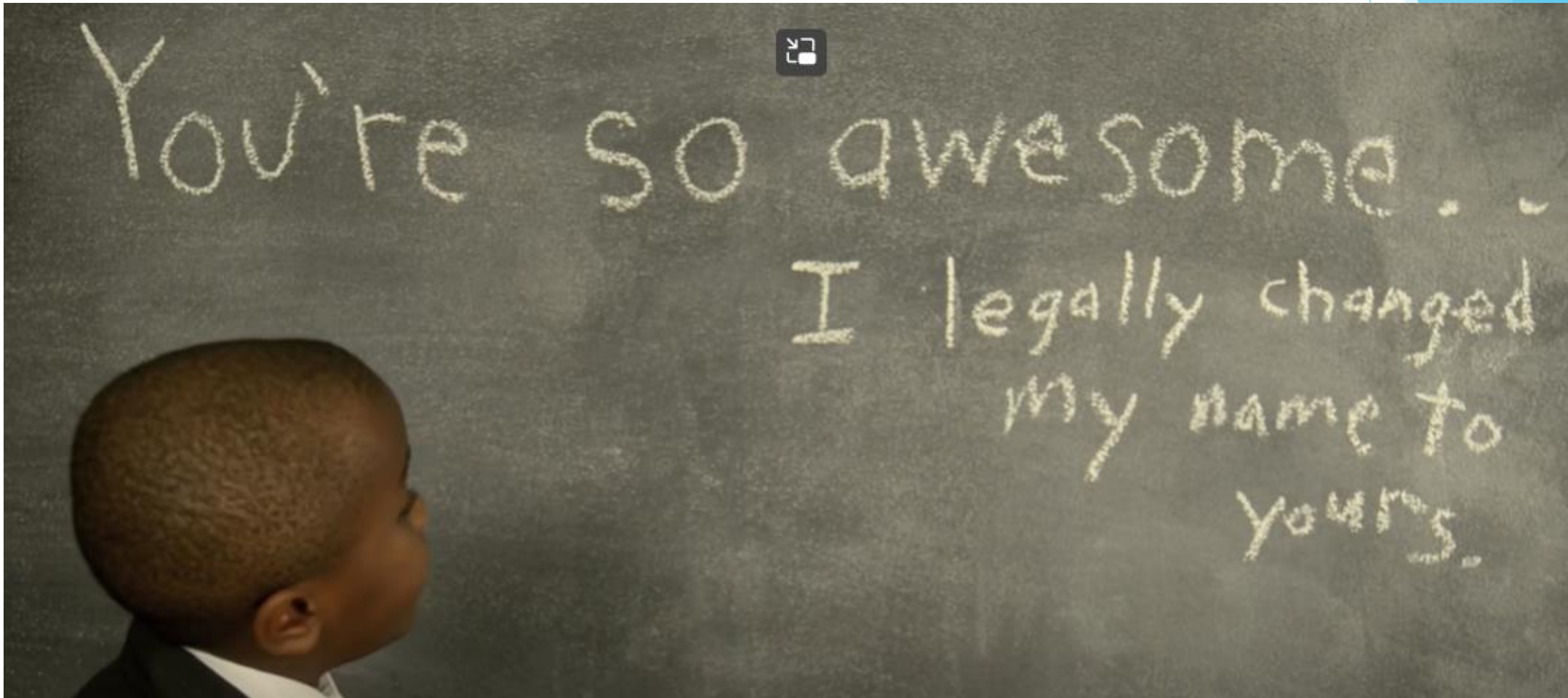
What should we say more often?  
But why...?

**Kindness makes us happier and  
more satisfied with life.**

Facts. | Good & Kind ([goodandkind.org](http://goodandkind.org))



## Kid President's 20 Things We Should Say More Often - YouTube



## Reflection - teamwork

- ▶ What School Value does this link to?
- ▶ When was the last time you said those words/phrases to someone?
- ▶ How did it make you feel?