

Value	My Own Definition	Official Definition
Respect		<p>Respect means treating people, places, and things with kindness and care. It's about listening when others speak, using polite words, and considering other people's feelings. Respect also means following rules, taking care of your belongings and the environment, and understanding that everyone has different ideas and beliefs.</p>
Responsibility		<p>Responsibility means taking ownership of your actions, choices, and duties. It's about doing what you are expected to do, even when no one is watching. This includes completing your schoolwork, helping at home, looking after your belongings, and keeping promises. Being responsible also means admitting mistakes and learning from them.</p>
Resilience		<p>Resilience means staying strong and not giving up when things get tough. It's about learning from mistakes, finding ways to solve problems, and believing in yourself. When things go wrong or feel difficult, resilience helps you keep trying and stay positive.</p>

<b>Respect</b>	<b>Respect</b> <ul style="list-style-type: none"><li>● <b>Looks like:</b><ul style="list-style-type: none"><li>○ Holding the door open for others</li><li>○ Listening when someone is speaking</li><li>○ Taking care of school books and equipment</li><li>○ Using kind body language (e.g. smiling, making eye contact)</li><li>○ Playing fairly and including others</li></ul></li><li>● <b>Sounds like:</b><ul style="list-style-type: none"><li>○ “Please” and “Thank you”</li><li>○ “Excuse me” and “I’m sorry”</li><li>○ “I appreciate your help”</li><li>○ “You can go first”</li><li>○ Using a calm and friendly voice</li></ul></li><li>● <b>Feels like:</b><ul style="list-style-type: none"><li>○ Feeling safe and welcomed in class</li><li>○ Knowing that people listen to and value your ideas</li><li>○ Being included in activities and conversations</li><li>○ Feeling proud when you are treated kindly and when you treat others kindly</li></ul></li></ul>
<b>Responsibility</b>	<b>Responsibility</b> <ul style="list-style-type: none"><li>● <b>Looks like:</b><ul style="list-style-type: none"><li>○ Completing homework and classwork on time</li><li>○ Putting rubbish in the bin and keeping the school tidy</li><li>○ Bringing the right equipment to school</li><li>○ Owning up to mistakes and fixing them</li><li>○ Helping others when needed</li></ul></li><li>● <b>Sounds like:</b><ul style="list-style-type: none"><li>○ “I forgot, but I’ll fix it now”</li><li>○ “I will take care of this”</li><li>○ “I’ll do my best to finish my work”</li><li>○ “I made a mistake, and I will try to do better”</li><li>○ “Let me help you with that”</li></ul></li><li>● <b>Feels like:</b><ul style="list-style-type: none"><li>○ Feeling trusted to do the right thing</li></ul></li></ul>

- Feeling organised and prepared
- Knowing that others can count on you
- Feeling proud when you complete a task on your own

## Resilience

### Resilience

- **Looks like:**
  - Trying again after making a mistake
  - Staying calm when something is challenging
  - Encouraging others when they struggle
  - Using different strategies to solve problems
  - Keeping a positive attitude
- **Sounds like:**
  - "I can do this if I keep trying"
  - "It's okay, I'll try again"
  - "I learned something from that mistake"
  - "I won't give up"
  - "Let's find another way to solve this"
- **Feels like:**
  - Feeling determined to keep going
  - Feeling proud when you overcome a challenge
  - Not letting failure stop you from trying again
  - Feeling supported by friends and teachers when things are tough