



Resilience	To have concern for the sufferings of others.
Volunteering	To be thankful and appreciative
Integrity	To be able to seriously think about and consider an idea or something that has happened.
Compassion	To be concerned for, friendly and helpful to those around you.
Gratitude	To offer to help without a charge.
Reasoning	The ability to find quick and clever ways to overcome difficulties.
Reflection	The ability to think about something in a logical, sensible way.
Resourcefulness	To act on your moral principles all of the time.
Neighbourliness	To be enthusiastic and determined because you want to do something.
Motivation	The ability to recover quickly from difficulties.



L3 - Defining Virtues

