



Self-discipline

You tidy your friend's kitchen for them when they are feeling sick.

You told the truth
when someone
was being punished
for something that
you did.



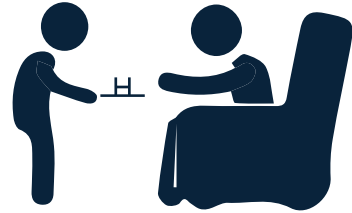
Courage



Curiosity

You send your friend a message to show that you appreciate their help.

Your friend is going through a stressful time and she is always grumpy – you understand why.



Generosity

You share your crisps
with a friend when
they are hungry.



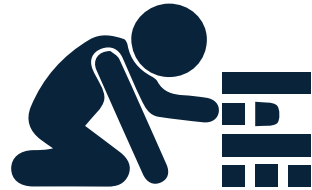
Determination



Forgiveness

You turn up to
training every day
even though you are
tired and it's raining.

You went out of your way to show the new group member around the venue.



Patience



Gratitude

Even though you
find the maths
questions difficult,
you keep going until
you get it right.

You stand up for
someone who is
being bullied.



Empathy



Honesty

You stop talking
to your friend
when your teacher
is explaining
something.

You volunteer to help clear up the park near the youth club so that local children can use it.



Compassion



Resilience

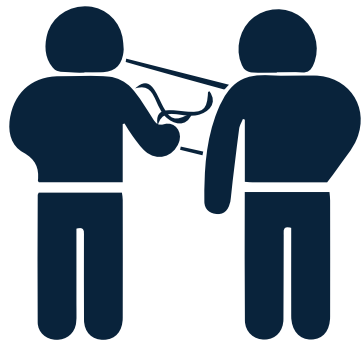
You feel upset when you hear of the people injured in an earthquake in the U.S., and you give some money to help.



Critical Thinking

You waited for your friend to finish talking before talking yourself.

Everyone talks about the brilliant goal that you scored, but you remind them that you were helped by a team member who made a great pass.



Creativity



Humility

You follow the rules
even though you
know a shortcut that
can help you win.

You don't hold a
grudge against a
friend who upset
you.



Service

You fail your maths test, but you ask for some help and study harder, and you pass the next one.



Caring



Respect

You design a mural
for the wall that
everyone else can
help paint.

You read a webpage that tells you something about your neighbourhood, but you don't think it's right and you do some more research.



Friendliness



Fairness

You find an old radio and want to know how it works, so you take it apart, look at all the parts and try to put it back together again.