

# Itchen Abbas Primary School

## GROWING HEARTS AND MINDS



### Self-Compassionate

- ♥ I am warm and understanding to myself in times of difficulty.
- ♥ I accept my imperfections and value myself.
- ♥ I know that I am not alone, that everyone has similar feelings and emotions.
- ♥ I have the tools and strategies I need for emotional resilience.
- ♥ I know how to keep myself physically and mentally healthy.



### Respectful

- ♥ I show courtesy and good manners to others.
- ♥ I value our differences in faith and beliefs; I appreciate and value our differences.
- ♥ I look after equipment and belongings.
- ♥ I value and listen to other people's opinions and thoughts.



### Creative

- ♥ I can transform my ideas, imagination and dreams into reality.
- ♥ I give value and meaning to my self-expression.



### Resilient

- ♥ I can persevere when things are hard or go wrong and I can manage my feelings and emotions from this.
- ♥ I don't give up.

- ♥ I can manage distractions by knowing what distracts me and how to minimise their effect so I can make the most of every opportunity.
- ♥ I notice what is happening around me by being aware of people and what they say and do. I think about and listen to what they say.
- ♥ I am absorbed and focused on learning and activities; I give it my best.



- ♥ I think things over and draw out the important information I need.
- ♥ I can plan, prepare and discuss my work before getting on so I know I have thought about it carefully.
- ♥ I can evaluate and amend my work without self-judgement and criticism.
- ♥ I use my meta-learning because I know the way I learn and which strategies to use in for each situation and task.



- ♥ I take responsibility for my own success.
- ♥ I am able to make decisions for myself.
- ♥ I can take care of myself and my belongings.
- ♥ I can gather the resources and equipment I need.
- ♥ I know how to help myself when I am finding the learning or situation hard.



- ♥ I can ask questions to improve my understanding.
- ♥ I can make links and connections, spot patterns and see how things fit together.
- ♥ I can reason and come to a compromise when there is more than one opinion.
- ♥ I can make good use of what I have already learnt to help me.
- ♥ I can use my imagination to help me solve problems.
- ♥ I am able to work effectively on my own or with a partner or in a team.