


| Value | How can I show this? |
|---|---|
| <p>Respect</p>  | <ol style="list-style-type: none"> 1. Respect the 2 metre distance rule 2. Respect someone when they ask you to give them some more space 3. Respect the environment by cleaning up after yourself 4. I can respect myself by being honest about how I feel 5. I can respect others by being sensitive to how they may be feeling 6. I can respect adults that are trying to keep me safe |
| <p>Resilience</p>  | <ol style="list-style-type: none"> 1. Focus on the positive 2. Focus on what you can change 3. Focus on what you can improve 4. Spot where nature is being resilient 5. Try to keep yourself safe 6. Know that you don't have all the answers yet... |
| <p>Resourcefulness</p>  | <ol style="list-style-type: none"> 1. Use your own resources 2. Find a new 'normal' for you at school 3. Use a tissue to catch your cold 4. Wash your hands when you know they need washing 5. Use what works for you when feel sad, angry or scared 6. Be willing to try something differently |
| <p>Reciprocity</p>  | <ol style="list-style-type: none"> 1. Ask someone how they are feeling if they don't seem themselves 2. Offer someone help 3. Let someone else go first 4. Wash your hands when asked to 5. Be honest when you don't quite feel right 6. Listen to your body and listen to others when they tell you how they feel |
| <p>Reflection</p>  | <ol style="list-style-type: none"> 1. Find three things that have gone well today 2. Find something that you have enjoyed 3. Find a way that your adult made you feel special today 4. Reflect upon how my feelings influence how I communicate 5. Reflect upon how your family have tried to keep you safe today 6. Reflect upon how I made someone else feel special or safe today |