Resilience

Strand	Milepost 1	Milepost 2	Milepost 3
Flexibility	1.01 Approach tasks with an open mind	2.01 Approach a range of tasks across all the subjects with an open mind	3.01 Approach all tasks across all subjects with an open mind
	1.02 Try different ways of doing things	2.02 Explore various roles, ideas and strategies	3.02 Select roles, ideas and strategies appropriate to the situation
Metacognition –	1.03 Follow strategies to manage my own feelings	2.03 Apply strategies to manage my own feelings and respond appropriately	3.03 Apply strategies to self-regulate my own feelings
	1.04 Realise that my opinion may change over time	2.04 Reflect on where values and opinions may have come from	3.04 Explore what influences my changing views and opinions
	1.27 Seek help only when I really need it	2.27 Seek help from sources other than adults	3.27 Identify when I am stuck and when my learning is progressing
	1.28 Realise that learning takes effort	2.28 Realise that some learning takes more effort	3.28 Develop and apply strategies to deal with disappointment
Tenacity	1.25 Have more than one go at something	2.25 Practise to learn and improve	3.25 Apply myself to practising things I need to get better
	1.26 Appreciate that not everything can go my way	2.26 Try again with a positive attitude when I am not successful in activities	3.26 Develop and apply strategies to deal with disappointment

Respect

Strand	Milepost 1	Milepost 2	Milepost 3
Group/Teamwork and Learning	1.05 Contribute to group work and learning with various groups/teams	2.05 Contribute to various groups/teams to achieve goals	3.05 Take responsibility for my own contributions to groups/teams to achieve goals
	1.06 Appreciate how everyone's activities combine to achieve a goal	2.06 Consider how both my own and others' activities combining to achieve and shared goal	3.06 Offer support to others to help the group achieve shared goals
Leadership	1.07 Fulfil the role of leader or group member as and when directed	2.07 Volunteer for leadership roles	3.07 Develop leadership skills and strategies to capitalise on group/individual strengths
Others	1.29 Treat others as I would like to be treated	2.29 Treat others as I would like to be treated	3.29 Treat others as I would like to be treated
	1.30 Accept that others have different opinions to me	2.30 Consider the opinions, views, cultures and traditions of other people	3.30 Critically engage with opinions different to my own.
	1.31 Be considerate of others' personal space and their things	2.31 Be considerate of others' personal space, their things and feelings	3.31 Be considerate of others' rights and cultural norms
	1.32 Recognise and accept that we are all different	2.32 Recognise and appreciate differences	3.32 Value diversity and question prejudice and bias
Thoughtful Communication	1.09 Use verbal & non-verbal communication that is appropriate to the situation, purpose and audience.	2.09 Use verbal & non-verbal communication that is appropriate to the situation, purpose and audience.	3.09 Use verbal & non-verbal communication that is appropriate to the situation, purpose and audience.

Responsibility

Strand	Milepost 1	Milepost 2	Milepost 3
Environmental	1.33 Use less, share resources and help maintain shared environments	2.33 Reuse and/or re-purpose resources taking responsibility for waste	3.33 Apply strategies to manage the use of concrete and abstract resources
Ethics in school & local environment	1.21 Recognise that rules are there to help us	2.21 Recognise the dilemmas of what someone wants to do and what the right thing is	3.21 Do the right thing even when no one is watching
Ethics in the world		2.22 Learn about when I can contribute to improving and developing rules	3.22 Learn about the moral/ethical issues associated with particular subjects
	1.23 Learn about rules related to cultures	2.23 Learn about rules related to different cultures, religions and families	3.23 Learn about which ethical/moral codes form the rules in my life
Decision making – ethical choices	1.24 Make positive choices when given the opportunity	2.24 Be informed to help me make my own ethical decisions	3.24 Be selfless rather than selfish when making ethical decisions

Self-Belief

Strand	Milepost 1	Milepost 2	Milepost 3
Clarity	1.13 Be clear and relevant	2.13 Be clear, relevant and confident	3.13 Reflect on the clarity of my messaging and aim for improvement
	1.14 Attentively focus on what is being communicated	2.14 attentively focus on what is being communicated considering tone and facial/body language	3.14 Seek clarification when I am unsure of what is being communicated
Learning	1.16 Recognise that others may have different learning needs to myself	2.16 Act in a way that does not hinder others' learning	3.16 Support others' learning when I am able
Emotions	1.19 Recognise some of the differences and similarities between my own life and that of others	2.19 Appreciate the differences and commonalities between my own life and that of others	3.19 Develop insight into the experiences of others
Compassion	1.20 Demonstrate kindness to others	2.20 Demonstrate fairness and kindness in words and deeds	3.20 Contribute to the welfare of others
Metacognitive Thinking	1.36 Reflect on my own strengths and weaknesses to inform next steps in learning	2.36 Reflect on my own strengths and weaknesses to help goal setting	3.36 Reflect and act on ways of developing my strengths and overcoming my weaknesses
	1.37 Reflect on where I have been successful in my learning	2.37 Reflect on where and how I have been successful in my learning	3.37 Reflect on the success of strategies for learning

Truthfulness

Strand	Milepost 1	Milepost 2	Milepost 3
Integrity	1.12 Be honest and truthful	2.12 Think before I speak to avoid hurting others' feelings	3.12 Think carefully before speaking in order to be considerate of others
Emotions	1.17 Recognise feelings and emotions in others	2.17 Be considerate of the feelings and emotions of others	3.17 Take action to gain insight into the feelings and emotions of others
	1.18 Recognise that my words and actions have consequences	2.18 Anticipate the impact of my words and actions on others	3.18 Make decisions giving consideration to the impact on myself and other

Creativity

Strand	Milepost 1	Milepost 2	Milepost 3
Critical Thinkers	1.34 Identify and consider issues in local and global contexts	2.34 Analyse and predict effectiveness of solutions to issues	3.34 Analyse issues and evaluate solutions in local and global contexts
	1.35 Give a reason for why I think something	2.35 Give reasons for why I think something	3.35 Use reasoning to support conclusions
Creative Thinkers	1.38 Imagine solutions to problems	2.38 Use strategies to generate multiple solutions to a problem	3.38 Innovate and evaluate solutions to real world problems or issues
	1.39 Use others' ideas as inspiration	2.39 Use others' ideas to further develop my own	3.39 Seek fresh perspectives through examining others' ideas
Curious Thinkers	1.40 Seek to connect learning to personal experiences	2.40 Ask questions to extend learning	3.40 Extend learning through making connections