

Listening

- I am looking at the speaker
- I am thinking about what they are saying
 - I am not talking to someone next to me
 - I am absorbing information

Curiosity

- I am being interested in something new
 - I am asking lots of questions
- I want to find out more for myself
 - I am looking carefully

Courage

- I am trying something that feels a bit scary
 - I am breathing deeply to stay calm
 - I am being brave
- I will feel proud when I've conquered something

Concentration

- I am giving my full attention
 - I am not being distracted
 - I am focused and attentive
- I am learning deep inside myself

Articulation

- I am looking at the listener
- I am able to express my ideas clearly and effectively
 - I am using full sentences
 - I am using interesting words
- I am explaining my thoughts and ideas

Patience

- I am waiting
- I am giving time
- I am realising some things only come with lots of practise
 - I am calm
 - I am not fussing
 - I am being tolerant

Grit

- I am keeping going
- I am being resilient
- I am trying and trying and trying
 - I am persevering
 - I am in pursuit

Aspiration

- I am thinking I can always improve
 - I am dreaming of my future life
- I am setting my sights on my goals
 - I am hoping
- I have ambitions to be different
- I have ambitions to do new things
 - I am always recreating myself