**Resilience** *– the ability to continue with something even if it is a challenge*

**Self-regulation** *– the ability to control your actions and communications*

**Empathy** *– the ability to put yourself in someone else’s shoes*

**Character Virtues**

## Moral virtues:

* **Compassion** is showing care and concern for others
* **Caring** is looking after and providing for the needs of others
* **Courage** is acting with bravery in fearful situations
* **Empathy** is being able to understand the thoughts and feelings of another person and to put yourself in their position
* **Fairness** is treating others equally
* **Forgiveness** is giving someone another chance after they might have hurt you
* **Friendship & Friendliness** is the ability to make close friends and acting agreeably towards strangers
* **Generosity** is giving something for someone else’s benefit
* **Gratitude** is a feeling of appreciation towards someone or something
* **Honesty** is telling the truth and being sincere
* **Humility** is not boasting and being aware of how much you owe to others for your success
* **Integrity** is the quality of having and following strong moral principles
* **Justice** is to have an understanding of what it is to uphold what is right
* **Optimism** is the ability to be positive
* **Patience** is the ability to wait and to tolerate difficulties you face as you try to achieve your goals
* **Respect** is showing regard for someone’s feelings, wishes or rights
* **Self-discipline** is the ability to control yourself and to be organised
* **Tolerance** is the ability to be able to accept differences

## Intellectual virtues:

* **Autonomy** is the ability to be critically independent in your thinking and actions
* **Co-operation** is working well with others
* **Communication** is having skills of verbal and written engagement as well as listening to others
* **Creativity** is being able to create and to use your imagination
* **Critical Thinking** is the ability to think reflectively and to come to independent conclusions
* **Curiosity** is being eager to know or to learn something new
* **Focus** is when you pay close attention to something and block out possible distractions
* **Open Mindedness** is not being prejudiced about new things, peoples and ideas
* **Reasoning** is the act of making a decision or judgement with the help of evidence
* **Reflection** is the ability to ponder alternative possibilities and not jump to conclusions
* **Resourcefulness** is the ability to find a quick and clever ways to overcome difficulties
* **Respect** is having regard for others and valuing them non-instrumentally as persons
* **Wisdom** is making the right choices at the right time

## Civic virtues:

* **Citizenship** is your involvement in your community and society
* **Civility** is being polite and courteous in behaviour and speech
* **Community Awareness** is to actively and meaningfully learn from, and share information with different parts of the community
* **Friendliness** is the quality of being kind, thoughtful or affectionate towards another person
* **Neighbourliness** is a disposition to be friendly and helpful to others
* **Service** is the act of doing work that benefits other people
* **Social Justice** is being able to attend to fairness, entitlement and deservingness
* **Volunteering** is giving your time to help someone else

## Performance virtues:

* **Ambition** is having a strong desire to want to achieve something or reach a certain goal
* **Confidence** is being certain in your own abilities or that a certain course of action is best
* **Creativity** is being able to create and use new ideas
* **Determination** is focusing your energy on finishing a task, especially when it is difficult
* **Leadership** is helping yourself and others to do the right thing by setting a direction or building an inspiring version
* **Motivation** is having a strong reason and drive to accomplish something
* **Perseverance** is the steady persistence in a course of action, especially in spite of difficulties
* **Problem Solving** is finding solutions to problems
* **Resilience** is being able to recover quickly from struggles and setbacks
* **Teamwork** is the ability to work with others effectively and efficiently