



Wellbeing Statements at Barwon Heads PS



	I will...	Character Strengths
<p>Positive Emotions: I use many words to express emotions</p>	<ul style="list-style-type: none"> · notice how others are feeling · tell others how I am feeling · use positive thinking skills to improve how I feel · pause to clear my head and be aware · have lots to look forward to · use strategies to be calm and happy · think of things to be grateful for 	Kindness Humour Modesty Love Gratitude Hope
<p>Engagement: I make the most of my learning opportunities</p>	<ul style="list-style-type: none"> · be enthusiastic towards my learning · tune in to instruction and tasks · use the Learning Focus and Success Criteria · make the most of conferencing time with my teacher · do my best to achieve flow when doing activities I enjoy most · focus on my school-work · follow my class and school rules · think before I act or speak · act with self-control in the classroom and playground 	Enthusiasm Leadership Curiosity Love of Learning Self-control
<p>Relationships: I accept, understand and empathise with others.</p>	<ul style="list-style-type: none"> · show respect to everyone. · be a positive bystander · be a bucket filler · be open minded towards others and their ideas. · take responsibility when I make a mistake · forgive others · be kind to everyone · work to fix relationships · include others · care about the feelings of others 	Friendship Teamwork Fairness Open-mindedness Forgiveness
<p>Meaning: I belong to a world bigger than my own.</p>	<ul style="list-style-type: none"> · look after and respect our environment · use the character strengths of positive role models · make decisions, ask questions and reflect on my learning and my goals · use my strengths in all I do · do things that make a positive difference · help others · contribute to developing and using our class expectations · confidently voice my ideas · recognise that I am part of a school and wider community 	Honesty Wisdom Prudence Appreciation of B&E Creativity
<p>Accomplishment: I have a growth mindset.</p>	<ul style="list-style-type: none"> · think positive thoughts & not give up · challenge myself · always do the best I can · have a growth mindset · learn from my mistakes · believe in myself · achieve my personal best and not compare myself to others · make a plan and work hard to achieve my goals 	Courage Persistence Self-belief