



## BARKING ABBEY SCHOOL

### MY BEST CHARACTER

“Education that does not mould character is absolutely worthless” -Mahatma Ghandi

NAME: \_\_\_\_\_

FORM: \_\_\_\_\_

BEST TUTOR: \_\_\_\_\_

**THE BEST HABITS ARE USED FOR DEVELOPING GOOD CHARACTER AND PRACTICAL WISDOM. THIS IS CALLED PHRONESIS**

What is phronesis?

Phronesis is having practical wisdom, this means doing the right thing at the right time and for the right reason.

Practical wisdom is learnt through THE BEST HABITS.

Our BEST HABITS are Bravery, Excellence, Self-Discipline and Teamwork.

These BEST HABITS are also key skills that you need to get a job.

**WHAT BEST HABITS WILL I DEVELOP AT BARKING ABBEY SCHOOL?**



## AT BARKING ABBEY SCHOOL CHARACTER DEVELOPMENT COUNTS

54 BEST HABITS FOR **BEST CHARACTER**

<b>B</b>	<b>E</b>	<b>S</b>	<b>T</b>
<b>BRAVERY</b>	<b>EXCELLENCE</b>	<b>SELF-DISCIPLINE</b>	<b>TEAM - BA</b>
COURAGE OPTIMISM EMPATHY HUMILITY JUSTICE UNDERSTANDING HONESTY LEADERSHIP RISK-TAKING OPENNESS EXPERIMENTATION REASONING	RESILIENCE DETERMINATION PERSEVERANCE CURIOSITY MOTIVATION CREATIVITY REASONING NOTICING HARDWORKING TRANSFERRING IMITATING ENTHUSIASM ABSORPTION MAKING CONNECTIONS QUESTIONING IMAGINING	MANAGING DISTRACTIONS PRACTISING PATIENCE CONCENTRATION PRUDENCE ENERGY ORGANISATION PLANNING INDEPENDENCE REVISING REMEMBERING SELF REGULATION	COLLABORATION LISTENING DEMOCRACY OPEN MINDEDNESS FAIRNESS ADAPTABILITY REFLECTIVENESS SOCIABILITY FLEXIBILITY CITIZENSHIP INDIVIDUAL LIBERTY RESPECT

### AT BARKING ABBEY WE WANT TO ENSURE:

1. You leave school with excellent qualifications.
2. You are a well-rounded individual with good character who is ready for the next steps.
3. You develop the **KEY SKILLS** needed to be employable.

## WHAT DO WE MEAN BY 'CHARACTER'?

A person's character is shown by how they act, think, and feel in life. Character isn't one thing it's how someone usually interacts with others and how they treat themselves.

A person with "good character" acts, thinks, and feels in a way that matches some commonly accepted "good" habits, like being honest, respectful, responsible, caring, and fair.

There are also attributes society considers to be "wrong", like lying, deceiving, cheating, stealing, hurting other people on purpose, disrespecting. Someone with good character makes choices that are "right" and avoids doing things society considers to be "wrong".

## THE BARKING ABBEY 4 CHARACTER RULES/CORE VALUES THAT STUDENTS LEARN

BRAVERY  
EXCELLENCE  
SELF – DISCIPLINE  
TEAM – BA

**BRAVERY:** Through learning about habits and skills such as courage, optimism, empathy, humility, understanding, honesty, leadership, risk-taking, openness, experimentation and reasoning and individual liberty.

**EXCELLENCE:** Through learning about habits and skills such as resilience, determination, perseverance, curiosity, motivation, creativity, reasoning, noticing, hardworking, transferring, imitating, enthusiasm, absorption, making - connections, questioning and imagining.

**SELF – DISCIPLINE:** Through learning about habits and skills such as practising, prioritising self-regulation, patience, concentration prudence, energy, organisation, planning, independence, revising, remembering and managing –distractions.

**TEAM – BA:** Through learning about habits and skills such as democracy, collaboration, listening, open-mindedness, fairness, adaptability, reflectiveness, justice, sociability, flexibility, citizenship, adaptability, respect, tolerance, and rule of law.

You will complete this tracking  
document in tutor time

This is an example of how to fill it in.

**COMPLETE THIS PAGE IN NEXT 3 WEEKS TO TRACK PROGRESS IN YOUR CHARACTER DEVELOPMENT.**

**WEEK 1: UNDERSTAND WHAT IT MEANS.**

<p><b><u>1.What is the current Best Habit?</u></b>          Courage</p> <p><b><u>2. What is the definition? (Use character dictionary on page)</u></b></p> <p>Being able to face a difficult situation out of your comfort zone without fear.</p>	<p><b><u>3.Think of 4 synonyms</u></b>          Strong          Leader          Brave          Fearless</p> <p><b><u>4.Think of 4 antonyms</u></b>          Weak          Cowardly          Fearful          Scared</p>	<p><b><u>5.If you could draw a symbol to illustrate this HABIT what would it look like?</u></b></p>
<p><b><u>Think of typical behaviours associated with this habit:</u></b> Standing up for what you believe is right when others may not agree, trying something new, having different opinions from your friends.</p>		
<p><b>WEEK 2/3: APPLY THIS HABIT IN YOUR EVERYDAY LIFE AND SET YOUR TARGETS.</b></p>		
<p><b><u>3 actions you might do in the classroom.</u></b></p> <p>Ask my teacher questions about the work in the lesson</p> <p>Ignore distractions in class from my best friend</p> <p>Offer to help someone in the playground</p>	<p><b><u>3 actions you might do at home.</u></b></p> <p>Try a food that I've never eaten before.</p> <p>Talk to a family member about when they have shown courage.</p> <p>Cook the dinner/breakfast/lunch for my family</p>	<p><b><u>3 actions you might do in your local community.</u></b></p> <p>Volunteer at a local club</p> <p>Volunteer at my local church/place of worship</p> <p>Help a neighbour with their garden/shopping.</p>
<p><b>WEEK 2/3: DID YOU HIT THE TARGET? (REVIEW AND REFLECT)</b></p>		
<p><b><u>What did you do in class to develop this Habit?</u></b></p> <p>I made a presentation to the whole class in Geography, even though I was scared of talking in front of the class.</p>	<p><b><u>What did you do at home to develop this Habit?</u></b></p> <p>I talked to my grandma about when she got very ill and her courage to get better.</p>	<p><b><u>What did you do in the local community to develop this Habit?</u></b></p> <p>I joined the science club.</p>
<p><b><u>What challenges did you face and overcome?</u></b></p> <p>My shyness.          Some people laughed at the beginning.          The computer stopped working halfway through!</p>	<p><b><u>What challenges did you face?</u></b></p> <p>It was sad to hear about her illness, and not easy for her to talk about it.</p>	<p><b><u>What challenges did you face?</u></b></p> <p>None of my friends, so I didn't know anyone there.</p>
<p><b><u>Explain how this habit will help you in the future, for example in a job:</u></b> it helped me to develop my confidence a bit and made me realise that I need to develop my speaking skills, also to keep on going.</p>		

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# CHARACTER DICTIONARY

## BRAVERY CHARACTERISTICS

**OPTIMISM:** Having a positive and hopeful outlook to life and learning.

**COURAGE:** Being able to face a difficult situation outside of your comfort zone without fear

**EMPATHY:** Being able to put yourself in somebody else's shoes and appreciate how they are feeling.

**HUMILITY:** Being modest of your achievements and not showing off to make others feel inferior.

**Accepting that you are not perfect. Humanity:** Showing compassion and understanding towards others.

**JUSTICE:** A shared social sense of what is right and wrong.

**UNDERSTANDING:** Getting fully appraised with all the facts and details. Taking time to see clearly how someone feels.

**HONESTY:** Being truthful and sincere and approaching every situation with good intentions. Saying what you think and know is true, while respecting others. Honesty means being trustworthy, loyal and fair.

**LEADERSHIP:** Being a positive influence on others to achieve a goal.

**RISK-TAKING:** Being willing to experience something that is outside of your comfort zone.

**OPENNESS:** Being honest and proud of your character. Being open to praise and feedback for improvement. Being open to change.

**EXPERIMENTATION:** Testing or trialling to improve your understanding of something.

**REASONING:** Being able to think and draw conclusions. The process of forming conclusions, judgments, or inferences from facts or evidence. The reasons, arguments, evidence resulting from this process.

### **EXCELLENCE CHARACTERISTICS**

**RESILIENCE:** Being robust, staying engaged with learning regardless of challenge.

**DETERMINATION:** Having an unshakable belief that you will reach your goal.

**PERSEVERANCE:** The willingness to engage in a task regardless of the rate of progress showing the ability to overcome setbacks. Staying focused on your learning.

**CURIOSITY:** A desire to investigate and find out more.

**MOTIVATION:** Inspiring yourself to make progress and achieve your goals. Having the drive and enthusiasm to pursue something.

**CREATIVITY:** Producing original outcomes through inventive thinking.

**REASONING:** Being able to think and draw conclusions. The process of forming conclusions, judgments, or inferences from facts or evidence. The reasons, arguments, evidence resulting from this process.

**NOTICING:** Concentrated observing to enable seeing details that are not immediately evident. Respectful attention or consideration.

**HARDWORKING:** Putting energy, effort and focus into learning to progress and succeed. Really challenging and exercising your brain as physical hard work exercises your muscles.

**TRANSFERRING:** Using the skill and knowledge learnt in one subject/situation and applying to another.

**IMITATING:** Picking up others' ways of thinking, learning, working and evaluating. Absorbing and mimicking the mental strategies and habits of good role models.

**ENTHUSIASM:** Being eager in your approach to life and learning. A strong feeling of interest in an activity or subject and an eagerness to be involved in it.



**ABSORPTION:** Being engaged and engrossed in your learning. The pleasure of being rapt and attentive, in a state of 'flow'.

**MAKING –CONNECTIONS:** To see and make links between different experiences and events and having the inclination to look for them. Making connections between the learning and skills you are developing with your own real-life experiences; drawing on what or how you are learning in one subject (or a skill you have mastered) to support you with your learning of another subject or skill.

**QUESTIONING:** Questioning is about developing the skill to ask good questions and having the curiosity to do so. Asking great questions provides a wide range of information from different perspectives. Questioning can be non-verbal as well as verbal. Great questioners play around with materials and ideas just to see what happens.

**IMAGINING:** Allowing your mind to wander, considering possibilities without restraint.

### **SELF-DISCIPLINE CHARACTERISTICS**

**MANAGING –DISTRACTIONS:** Recognising and reducing distractions; knowing when to walk away and refresh yourself. Focusing on a specific task and ignoring things that could take your attention away from the task. Creating your own ideal environment for learning.

**PRACTISING:** Performing an activity or exercise repeatedly or regularly in order to improve at it. Mastering a skill through repetition. Focusing in on all of the difficult aspects and targeting your practice at these bits.

**PRIORITISING:** Being able to order things in order of importance/deadlines/logical sequencing to achieve your goal.

**PATIENCE:** Taking time and staying focused to achieve the best outcomes. Not displaying frustration when something takes time to achieve/happen.

**CONCENTRATION:** Being able to direct one's thinking and attention on the matter at hand.

**PRUDENCE:** To think through carefully and consider all aspects of a situation or issue before taking action.

**ENERGY:** The strength and vitality required to undertake sustained or repeated activity. The power to be physically or mentally active.

**ORGANISATION:** Having a system that works, arranging things so nothing is forgotten, putting things in priority order. If you are organised, you are clear about what you need, what you want to do and when you are going to do it.

**PLANNING:** Managing things (including learning) in advance. Thinking about where you are going, the actions you are going to take, the time and resources you will need, and the obstacles you may encounter. Giving prior thought to the best strategy for a situation and breaking it down into a sequence of actions.

**INDEPENDENCE:** Being able to live your life without relying on other people. Making your own decisions about the actions you need to take to achieve your goals. Having confidence in your own views and actions.

**REVISING:** Reconsidering and changing or improving a piece of work or learning. Reviewing previously learning to improve your knowledge of a subject. Monitoring and adapting learning along the way.

**REMEMBERING:** To recall or memorise something for future use; to retain in the memory; to commemorate or keep in mind. Seeking coherence, relevance and meaning.

**SELF-REGULATION:** Being able to understand and know yourself, control your actions, work out what is the most appropriate response or course of action, know your impact on others.

### **TEAM – BA CHARACTERISTICS**

**COLLABORATION:** Knowing how to learn with others, being able to work as part of a pair or team to achieve a goal. Being willing to share and communicating with others courteously. Respecting and recognising other viewpoints.

**LISTENING:** Engaging with what you hear and making links with other experiences and knowledge. Taking in new information.

**DEMOCRACY:** Democracy allows everyone to have their voice heard, in a democracy, people choose who they want to represent them to put forward their views. Democracy is derived from the Greek words demos (people) and kratos (rule). It means a government that is ruled by the citizens of the society.

**OPEN-MINDEDNESS:** Being receptive to new experiences and ideas.

**FAIRNESS:** Treating people in a way to ensure equal opportunities for all.

**ADAPTABILITY:** The capacity to change, being able to use your repertoire of skills knowledge or character to change to be best suited to an environment or opportunity.

**REFLECTIVENESS:** To think deeply and carefully about your own and others' previous experiences and how you can learn from them.

**SOCIABILITY:** Being friendly to people and taking an interest in them, regardless of who they are and how well you know them.

**FLEXIBILITY:** The willingness to change, adapting or selecting from your attributes to make the best of a situation.

**CITIZENSHIP:** Being responsible and playing an active and positive role in the community.

**INDIVIDUAL-LIBERTY:** Liberty means being free from oppression or restrictions by the government or power. Individual liberty does not mean you are free to do anything you want, it means you are free to do what's right.

**RESPECT:** Respect is thinking and acting in a positive way about yourself or others. Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.

**TOLERANCE:** Tolerance means respecting and learning from others, valuing differences, bridging cultural gaps, rejecting unfair stereotypes, discovering common ground, and creating new bonds. Tolerance, in many ways, is the opposite of prejudice.

## NOTES