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EXPLORING SCHOOL WIDE POSITIVE BEHAVIOURS

When you have positive growth mindsets you are **mindful** of the behaviours which see both you and others strive, thrive and flourish. For the weekly Value for Life think of at least three positive things you can do to show it. Then add these to areas in the matrix below where you think they best fit.

Completing this proactive reflective activity each and every week will in time build your social, emotional and ethical foundations of Wellbeing to be at your best and shine as a person. Ponder on the following questions about yourself: How would you describe the sort of person you want to become? How would you describe what sort of a person you currently are? What do you need to do to be the best you can be and assist others to do likewise?

Value Setting	Greeting Others	Listening to Others	Body Language
List which Values for Life apply for these situations	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation
Value Setting	**Arriving at/Entering Class**	**Attitude in Classroom**	**Learning/Concentrating**
List which Values for Life apply for these situations	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation
Value Setting	**Adapting Thinking**	**In Corridors/Walkways**	**In Grounds/Outside**
List which Values for Life apply for these situations	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation

Professional Practice Support

Value Setting	At Meetings/Assemblies	At Canteen	At Toilets/Change Rooms
List which Values for Life apply for these situations	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation
Value **Setting**	**In Library/IT Areas**	**On Camps/Excursions**	**Bus Area**
List which Values for Life apply for these situations	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation	Describe positive things I will do to show this Value in this situation

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