

# Imagine



Imagine


Begin to enjoy having new ideas.

Show some enthusiasm for the ideas of others.

Show enjoyment in trying out some ideas.

Ask some questions in order to develop ideas.

# Push yourself



Push yourself

Begin to understand why some activities feel uncomfortable.

Begin to take encouragement and advice from others.

Keep trying after a first attempt.

Show a willingness to overcome fears.

Push past fears and reflect upon the emotions felt afterwards.

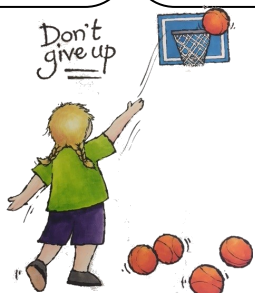
# Don't give up

Find alternative ways if the first attempt does not work.


Bounce back after a disappointment or failure.

Show the ability to stick at an activity (or a club or interest).

See oneself as lucky.



Don't give up



Don't give up

Work hard

Try new things

Improve

Push yourself

Understand others

Imagine

Concentrate

SILVER



**MILLBRIDGE**  
A SHARE Primary Academy

# Personal Development Booklet

# Work hard & improve




Identify a few areas for improvement.

Attempt to make improvements.

Enjoy working hard in a range of activities.

Reflect on how effort leads to success.

Begin to encourage others to work hard.

Share with others a number of positive features of own efforts.

# Concentrate



Focus on activities.

'Tune out' some distractions.

Develop areas of deep interest.


Search for methods to help with concentration.

# Try new things

Try new things when encouraged.

Join clubs or groups.

Talk about new experiences with others.



# Understand others

Listen to others, showing attention

Describe the points of view of others.

Think of the effect of behaviour on others before acting.

Accept and tolerate that people have different faiths and beliefs.

