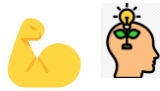


Decisions



Resilience



Exploration



Ambition



Me



Decide to DREAM!

Decisions	I own and control them – conscious – I am accountable for them BUT there are times when my brain takes over and I cannot make decisions safely	They have consequences for me and others/the world/environment/climate/school/groups/community/future/peace	I know when I need to say 'no' and I have the confidence to make my own decisions	Can be +ve and -ve Safe and unsafe Respectful and disrespectful/fair and unfair	Can impact my health/mental health - My good decisions make me happy inside	I make decisions to make sure I am ready/ I am listening/respectful and safe	Can be researched and thought about	We have free decisions in UK	My decisions are taken based on my morals and integrity and these decisions apply to every aspect of my life – people, places, technology, possessions
Resilience	Never give up/ Stick at it	Try hard	Be confident	Find a solution – this may take some problem solving and removing barriers	Growth mindset and neuroplasticity – my brain is not the limit!	Overcome difficulty	Act/do	Strength	Dare to Risk it!
Exploration	Play & the importance of free play	Be inspired	Learn new things – find out about a lot of things	Experiment	Ask questions	Enjoy/fun/ interests and curiosity – be a child – enjoy your childhood – be silly and imaginative – use your wildest imagination	Have the confidence to explore	Enrich – do things you don't know	Creative/ Innovative
Ambition	Goals/Aims	Results and excellence	Ideas – blue sky thinking/think outside the box/create/new ideas	Career	Best version of self	Good citizen	No limits	Share and collaborate	Future
Me	Who am I? Sense of self Family/ groups/ interests/ skills/talents Faith/values/culture/ heritage/ belonging	Value me and value each other	Healthy me (mind and body) – My Happy Mind	British Values Free expression	Rights of a child	Protected characteristics	Responsibilities – having these and being responsible and acting responsibly	Gratitude and graciousness – sense of privilege and using this to help less privileged	Best version of me
	Connections – we have a basic human need for other human connections	Empathy	Unique me	Friendships	Recognising my inner voice	Independence – it is down to you and nobody else	Basic needs		

Summary of Decisions:

- **Ownership and Control:** You recognize that you consciously own and control your decisions.
- **Consequences:** Decisions have consequences for yourself and others, impacting various aspects of life such as the world, environment, school, groups, community, and future.
- **Importance:** Decisions are important and can be positive (+ve) or negative (-ve), safe or unsafe, respectful or disrespectful.
- **Health Impact:** They can impact your health and mental health.
- **Preparedness:** You make decisions to ensure you are ready, respectful, and safe.
- **Research and Thought:** Decisions can be researched and thought about.
- **Freedom:** In the UK, you have the freedom to make decisions.
- **Happiness:** Good decisions make you happy inside.
- **Learning:** You can learn from your decisions

It all emphasizes making mindful, responsible, and positive choices. 🧠✅

Summary of resilience

This list embodies perseverance and a proactive mindset:

- **Resilience & Strength** – The ability to endure and push through challenges.
- **Never Give Up & Try Hard** – Commitment to effort and persistence.
- **Be Confident & Dare to Risk It** – Belief in oneself and willingness to take chances.
- **Find a Solution & Growth Mindset** – Problem-solving and continuous learning.
- **Overcome Difficulty & Act/Do** – Facing obstacles head-on with action.

Together, these qualities drive success through determination and courage. 💪🔥

Summary of explore:

- **Play & the importance of free play** – Play is a fundamental part of exploration. Free play allows creativity, problem-solving, and self-expression without rigid rules or structures. It encourages curiosity and discovery in a natural, enjoyable way.
- **Finding out** – Exploration involves seeking new information and making discoveries. It's about uncovering the unknown and gaining a deeper understanding of the world around us.
- **Learning new things** – Exploration is closely tied to learning. Whether it's acquiring new skills, understanding different perspectives, or grasping new essential outcome of exploration.
- **Experimenting/investigate** – Trying out new ideas, testing hypotheses, and making mistakes are all part of the exploration process. Experimentation fosters creativity and innovation by allowing individuals to learn through trial and error.
- **Questions** – Asking questions is a key part of exploration. It drives curiosity, leads to deeper thinking, and encourages problem-solving. Inquiry-based learning helps individuals develop critical thinking skills.
- **Enjoyment** – Exploration should be enjoyable and fulfilling. The excitement of discovering something new or understanding a concept can bring a sense of accomplishment and motivation to keep learning.
- **Confidence** – As people explore and learn, they build confidence in their abilities. Overcoming challenges and making discoveries reinforce self-assurance and encourage further exploration.
- **Enrich** – Exploration enriches experiences by broadening perspectives, increasing knowledge, and enhancing personal growth. It contributes to a more meaningful and fulfilling life.

- **Creative/Innovative** – Exploration fosters creativity and innovation by encouraging people to think outside the box, try new approaches, and develop unique solutions. It helps generate fresh ideas and drives progress in various fields.

This list highlights the power of curiosity and discovery:

- **Play & Free Play** – Learning through fun and unstructured exploration.
- **Find Out & Learn New Things** – Seeking knowledge and understanding.
- **Experiment & Question** – Trying new ideas and thinking critically.
- **Enjoy & Confidence** – Embracing the joy of learning and believing in yourself.
- **Enrich & Be Creative** – Stepping out of your comfort zone and innovating.

It all encourages growth through curiosity, creativity, and fearless exploration. 🚀🔍

Summary of Ambition

This list represents key aspects of personal and professional growth:

- **Ambition & Goals** – Drive and direction to achieve success.
- **Results & Ideas** – Turning creative thoughts into tangible achievements.
- **Career & Best Version of Self** – Professional development and self-improvement.
- **Good Citizen & No Limits** – Contributing positively to society while breaking barriers.
- **Share & Future** – Collaborating and building a better tomorrow.
- **Knowing what you want for the future** – making paths to success

It all ties into striving for excellence, making an impact, and embracing limitless possibilities. 🚀

Summary of Me

This theme explores personal identity, self-worth, and how individuals connect with others and society. "**Who am I?**" refers to understanding one's sense of self, values, and personal identity.

Valuing oneself and others promotes respect, kindness, and mutual appreciation.

Healthy me (mind and body) emphasizes the importance of mental and physical well-being.

British Values—democracy, rule of law, individual liberty, and mutual respect—highlight the importance of inclusivity and fairness.

Family, groups, interests, skills, and talents shape identity and provide support networks.

Protected characteristics ensure equality and prevent discrimination.

Faith, values, culture, heritage, and belonging contribute to a deeper sense of identity and connection to a wider community.

Free expression supports individuality and the right to voice thoughts,

while striving to be the **best version of oneself** encourages self-improvement, growth, and positive contributions to society.

I have **basic needs** and these need to be met before I can flourish

- **Sense of Self & Belonging** – Understanding who you are through family, culture, values, and heritage.
- **Skills, Talents & Interests** – Recognizing strengths and passions.
- **Health & Happiness** – Prioritizing mental and physical well-being.
- **Respect & Equality** – Embracing British values, free expression, and the rights of all individuals.
- **Responsibility & Gratitude** – Using privilege to uplift others and contribute positively.
- **Best Version of Me** – Striving for continuous self-improvement and kindness.

This list represents self-identity, personal growth, and social responsibility: It all ties into self-worth, community, and making a meaningful impact. 🌍💙