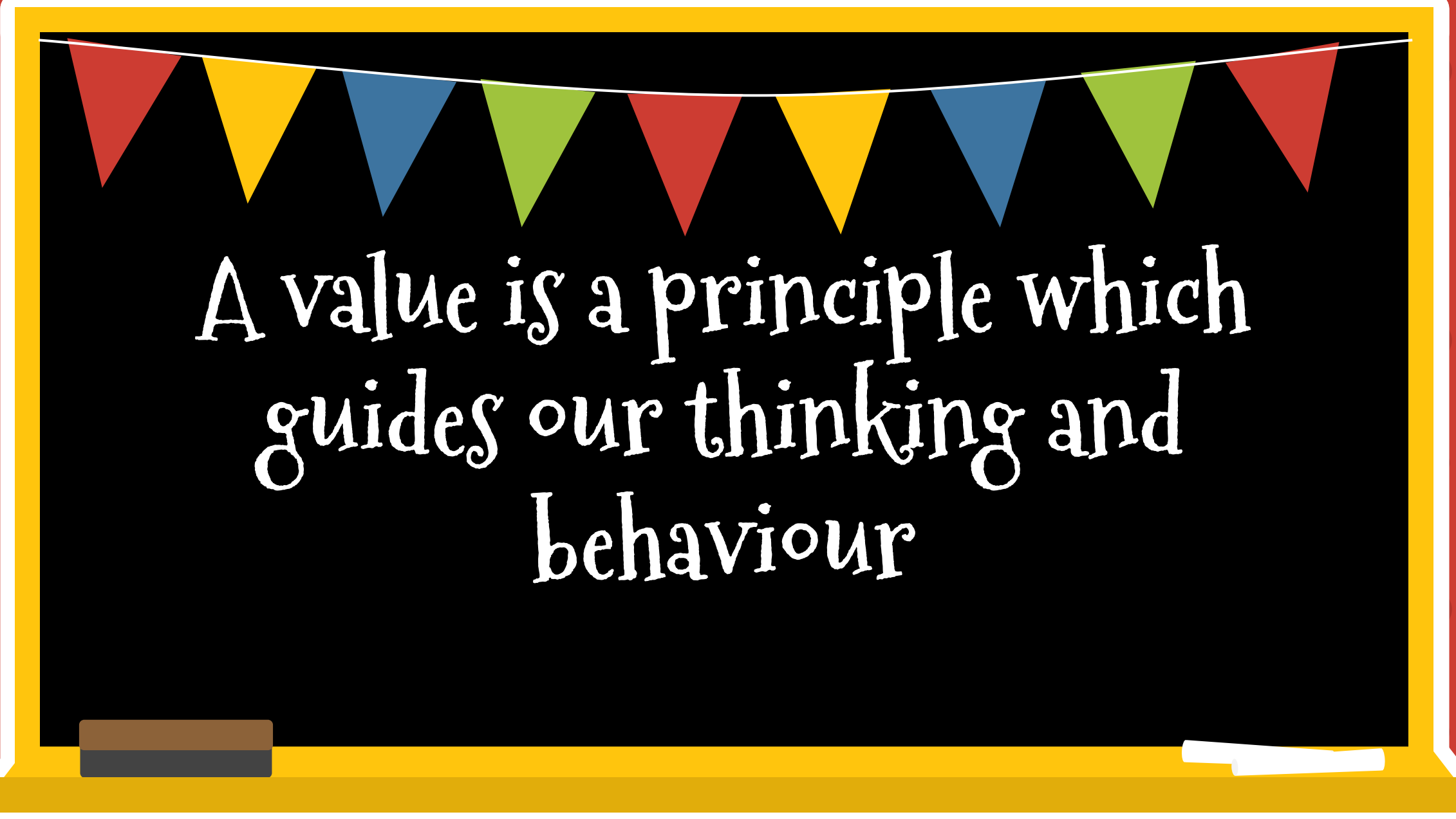






Value of the Month

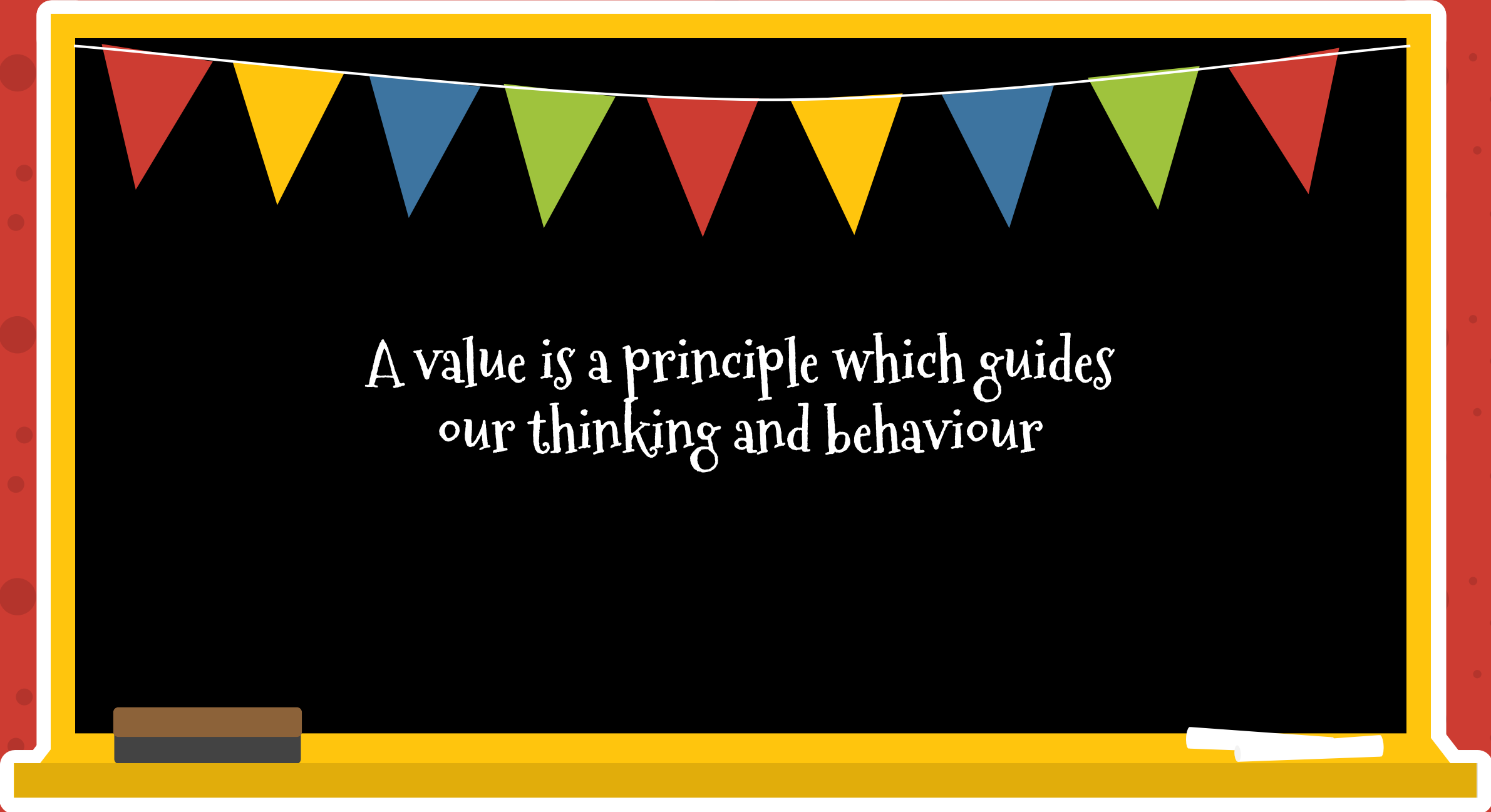
January 2025



A value is a principle which
guides our thinking and
behaviour



September - Friendship
October - Fairness
November - Cooperation
December - Peace



A value is a principle which guides
our thinking and behaviour



January 2025's Value
Positivity

What does

Positivity mean?

The practice of being positive in your attitude and focusing on what is good in a situation





Which of our
school values can we connect to this one?

Hope
Determination
Confidence

Courage
Friendship
Self Control



Which of our
Learner Behaviours can we connect to this one?

Determination
Resilience

What is

Positivity

**Looking on
the bright
side**

**Expecting
something
good to
happen**

**Focussing on how
you can achieve
something good**



What is the opposite of positivity?

Negativity



How can we overcome negativity?

Adopt a 'Growth
Mindset'

What is

Positivity

**Can you just rely on a
growth mindset to
achieve good things?**

What is

Positivity

**What else do you need
to do?
What other values
would be useful?**

Respect

Consideration

Hope

Tolerance

Determination

Love

Confidence

Self Control

Honesty

Courage

Empathy

Friendship

What is

Positivity

**What else do you need
to do?
What other behaviours
would be useful?**

What is

Positivity

Respect

Listening

**Working
hard!**

Remembering

Looking



Remember! Cofiwch!

Always be:

Ready,
Respectful,
Safe



Remember! Cofiwch!

Always be:

Ready,
Respectful,
Safe and KIND!



BREATHE.
As I zoom my attention to my breathing, I will take extra long out-breaths.



Imagine a peaceful and calming place.



Ask my teacher for help if I feel upset or overwhelmed.



Roll my neck and shoulders.



Think of at least 3 things I am grateful for.

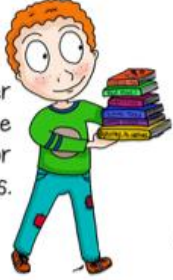


Tell my teacher I would like to help or take on a classroom responsibility.



Squeeze my fists together as hard as I can...hold...then relax my hands.

Ask to deliver books to the library or another class.



Push against the wall as hard as I can and then relax my body.



Ask my teacher for help if I feel upset or overwhelmed.



Doodle, draw, or color.



Count to 10 and back together with my breath.



Use "I-statements" to express how I am feeling, what I need, or what I hope for.



Invent a secret hand signal with my teacher that communicates I need help.

Squeeze a stress ball or use another teacher-approved fidget.



Ask to work with a buddy.



Stretch.



Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



Move away from the distraction or person who is bothering me.



Write down my thoughts or questions if my teacher can't address them right away.



Volunteer to help clean or organize the classroom.



Ask permission to take a short walk down the hallway or up & down the stairs. And then return.



Drink water.

Pause

Devise a secret code word or signal with my teacher that means time to get back on track."

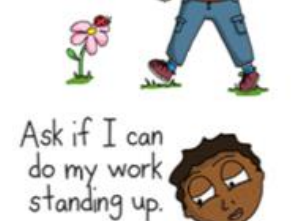


Go outside during recess and notice the sky, trees & sounds from nature.

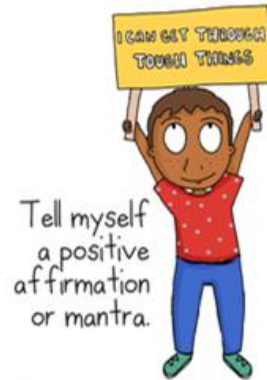




Tell my teacher I need help with the assignment or lesson.



Zoom in on my senses and notice 3 things I see, 3 things I hear, and 3 things I feel.



Do an act of kindness.



