

Forest Lodge Academy

Character Muscles incorporating LEAD Curriculum Enrichment Programme

Each week a specific character muscle(s) will be focused on during assemblytime. All staff will reinforce these in lessons throughout daily teaching.

LEAD

| Word | Definition |
|---------------|--|
| Teamwork | Working together to achieve a goal or target. |
| Consideration | A thoughtful act which shows regard for other people. |
| Responsible | Doing the things you are expected to do and accept the consequences (results) of your actions. |
| Leadership | Inspiring or motivating other people and helping them to reach their goals. |
| Independence | Thinking and acting for yourself. |
| Communication | Being good at speaking and listening. |
| Confidence | Believing in yourself. |
| Courage | Being willing to do something that you may find frightening. |
| Self-Aware | Being good at spotting or avoiding dangers. |
| Self-Control | Controlling your emotions and actions when things get difficult. |

EMPOWER

| Word | Definition |
|-------------|--|
| Fairness | Everyone having an equal opportunity to succeed. |
| Kindness | Being considerate towards other people and recognising their feelings. |
| Tolerance | A willingness to accept feelings, habits, or beliefs that are different from your own. |
| Empowerment | Feeling valued and recognising you are capable of achieving anything. |
| Respect | A way of treating or thinking about something or someone. |
| Empathy | Understanding another person's feelings. |
| Honesty | Telling the truth. |
| Humour | Being able to make yourself and others cheerful and happy. |
| Self-Esteem | Feeling good about yourself. |
| Discipline | Being well behaved and hard working. |

ACHIEVE

| Word | Definition |
|------------------|--|
| Community | A group of people who share the same physical or emotional space. |
| Reflection | Thinking about past events and how they have affected you. |
| Creativity | Using your imagination. |
| Love of learning | Enjoying and taking pride in your work. |
| Persistence | Always continuing to try even when something is difficult. |
| Resourcefulness | Being able to cope well with difficult tasks and finding ways to solve them. |
| Motivation | Being eager to do something well. |
| Versatility | Being able to do many different things well. |
| Commitment | Keeping a promise to work hard or support something. |
| Flexibility | Coping well with changes. |

DRIVE

| Word | Definition |
|---------------|--|
| Enthusiasm | Feeling excitement about something you enjoy. |
| Concentration | Focusing on a task. |
| Reasoning | Thinking about something from lots of different sides. |
| Enterprise | Willingness to try something new. |
| Fearlessness | Not being scared of trying. |
| Curiosity | Being interested in learning more about something. |
| Ambition | Really wanting to achieve something. |
| Determination | Deciding to do something and sticking to it. |
| Punctuality | Arriving or doing something on time. |
| Resilience | To recover from difficult events quickly. |

