

# *Trustworthiness*

Trustworthiness is being the kind of person whom other people can count on. Trustworthy people are honest. They do not lie, cheat, or steal.

## *Example*

Be trustworthy by making sure you do what you have said you will do, being sincere and confident, and not spreading gossip or rumors. To be trustworthy, you must be honest and responsible.

# *Problem Solving*

Problem solving is trying to find the answer to a problem situation by thinking it through. You can also solve problems with friends by talking about the situation and finding a solution to the problem together.

## *Example*

You can use problem-solving skills to work through a difficult math problem, solve a problem with friends on the playground, or to help you make a personal life decision.

# Sharing

Sharing is letting others use or have a part of something that belongs to you. Thoughts, ideas and feelings may be shared with others as well.

## Example

You can share crayons, toys or snacks with other students. You can also share your feelings and thoughts with others too.

# *Friendship*

Friendship is a relationship with someone that you enjoy sharing your thoughts, feelings, and time with. Friends are loyal to each other.

## *Example*

Good friends talk to and listen to each other.

Being a good friend means you are trustworthy and proud of each other's accomplishments.

# *Cheerfulness*

Cheerfulness is being positive, friendly, and enthusiastic, while also being grateful for good things and hopeful that bad situations will improve.

## *Example*

Show cheerfulness by greeting others with a kind smile and not whining or complaining when you are disappointed.

# Love

Love is a strong positive emotion of affection. It is the connection or bond between family members or friends that hold them together during good times and bad times.

## Example

You can show your love for your family by doing and saying thoughtful things. Saying, “I love you,” reminds them that they are always in your heart.

# Challenge

A challenge is something that you must do knowing that it might be hard. Take a deep breath and encourage yourself to tackle the challenge, try your hardest and do your best.

## Example

Writing a story or playing a game may be a challenge for you. Believe in yourself and try your hardest, you will meet the challenge and feel proud of yourself.

# *Perseverance*

Perseverance is working hard to reach goals - hanging in there and staying focused even when obstacles stand in your way.

## *Example*

You can practice perseverance by setting realistic goals, being patient with yourself, finding creative ways to solve problems, and not giving up too easily when the going gets tough.