Character Strengths Alignment to the National Curriculum

RUNAWAY BAY SPORT & LEADERSHIP EXCELLENCE CENTRE

Program Goal: Our program will help students enhance their AWARENESS of themselves through identifying their unique personal abilities, qualities and strengths. The program that students participate in will offer an environment that allows them to 'test' their strengths, while instilling CONFIDENCE in their ability as they further develop these strengths through reflective practice.

Alignment to the National Curriculum: "Students develop a realistic sense of their personal abilities, qualities and strengths. Students reflect on and evaluate their learning, identify personal characteristics that contribute to or limit their effectiveness and learn from success or failures" (Australian Curriculum; Personal and Social Capabilities- Self-Awareness).

Positivity → **Personal & Social Capabilities Overview**

Self-Regulation

Resilience → **Self-Management**

Creativity

Empathy → **Social Awareness**

Communication → **Social Management**

Positivity – Personal & Social Capabilities
- Develop students 'sense of self-worth, self-awareness and personal identity that enables them to manage their emotional, mental, spiritual and physical wellbeing with a sense of hope and optimism'.
- Help students feel 'positive about themselves and the world around them'.

Self-Regulation – Self-management
- Develop student's capacity to 'effectively regulate, manage and monitor their own emotional responses'.
- Encourage students to 'express emotions appropriately'.
- 'Develop self-discipline'.

Resilience – Self-management
- Encourage students to 'persist in completing tasks and overcome obstacles'.
- 'Persevere in the face of setbacks'.
- 'Become confident and resilient'.

Creativity – Self-management
- Develop student's capacity to 'work independently and show initiative'.
- 'Become adaptable'.

Empathy – Social awareness
- Help students 'recognise others' feelings and know how and when to assist others'.
- Develop students' ability to 'show respect for and understand others perspectives, emotional states and needs'.
- Build students' 'appreciation of diverse perspectives'.

Communication – Social management
- Develop students' capacity to 'negotiate and communicate effectively with others; work in teams and positively contribute to groups.
- Provide skills to 'work collaboratively'.