



THE BEST OF ME

**BE THE BEST VERSION OF YOU
WHEN YOU START YEAR 7**

CREATED BY



Character **first**

WWW.CHARACTER-FIRST.COM

INTRODUCING **Character** **first**

The definitive resource for Character Development programmes in Schools

At Character First we support schools in organising and delivering “best-in-class” character development activities and programmes. Our work is underpinned by a set of strong values that promote important character traits, such as resilience, kindness and tolerance, which can have a profound effect on students’ levels of achievement and confidence. In turn, this enables them to achieve greater success in their academic work while encouraging self-confidence and higher aspirations.



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A NEW JOURNEY

Going up to Secondary school can feel like a big change. It may feel daunting and a little scary, but it is also a huge opportunity. At Secondary school you'll have the chance to build upon your strengths and develop as a person.

This workbook has been made to help you get ready for moving into year 7 in September by helping you decide the type of person you want to be and the **character traits** that go into that.

Getting to know yourself and what your strengths are will help you prepare for the exciting new experiences Secondary school will bring.

WHAT ARE CHARACTER TRAITS?

Your **character** is a part of you and makes you who you are. It plays a big part in your attitude, your personality and your behaviour.

Your **character traits** are the building blocks of your character, they are the individual attitudes, behaviours and skills that add to you as a person.

When you know what your strongest **character traits** are, you can choose which ones you want to work on. You can use the summer to help you become the best person you can be before starting your new school in September.

Use the instructions in this workbook to explore the pages in order and take part in the activities to get to know yourself better and build the **character** you want.



TIP

It's OK if you want to talk to anyone about anything covered in this book. This could be your parent, older sibling, guardian or teacher.

WORDSEARCH

To start with let's have a look at some examples of **character traits** and see which ones you might already recognise.

ACTIVITY

The character traits in the green box have been hidden in the wordsearch. Words might be forwards, backwards or diagonal. See if you can find them!

Don't worry if you find this activity hard. You can check your answers on pages 12 and 13.

H	P	C	Z	D	Q	O	I	F	Y	C	I	T	C	E	I	G	E	E	E
Q	N	B	S	X	M	C	F	T	F	P	F	O	V	W	N	H	I	A	S
X	C	B	U	E	F	W	I	G	N	C	B	I	P	J	Q	L	R	T	F
Y	R	P	J	Q	L	S	R	Q	I	E	T	Q	B	T	G	H	O	B	M
M	W	V	F	K	O	F	Y	E	R	A	M	S	A	E	I	E	Y	O	H
H	X	R	V	I	O	I	C	Y	R	Q	E	T	L	Z	Q	M	E	R	W
O	L	N	R	R	Y	G	C	O	M	M	U	N	I	C	A	T	I	O	N
N	J	U	Q	Y	T	M	B	R	N	V	X	C	E	M	N	T	J	S	D
E	C	P	T	Z	W	A	B	Q	E	T	P	B	J	M	M	I	L	V	M
S	J	V	T	W	L	S	Z	R	B	V	R	M	V	S	F	O	T	B	L
T	P	W	W	L	M	H	S	T	T	O	C	O	H	E	F	F	C	J	H
Y	D	W	O	K	F	A	P	I	U	Y	B	F	L	N	E	M	E	U	V
I	U	C	M	G	T	A	M	B	I	T	I	O	N	S	V	Z	P	C	P
S	G	Z	T	I	V	J	L	B	C	F	E	L	P	I	E	G	R	Q	
U	G	E	L	C	C	R	L	X	T	M	P	V	D	T	S	E	I	L	Z
T	S	I	M	S	D	W	H	Y	Y	D	N	C	F	I	U	M	I	J	P
X	T	M	Z	W	I	Z	N	I	S	S	W	X	J	V	L	P	W	G	O
Y	E	C	N	E	D	I	F	N	O	C	S	T	A	I	C	F	Z	M	R
E	S	L	E	L	W	O	J	Q	D	G	D	C	O	T	N	A	G	S	D
F	C	J	C	V	V	M	Z	W	Y	V	E	Q	Q	Y	I	S	T	Q	Z

FIND THESE WORDS:

Collaborative
Communication
Self control
Confidence
Honesty
Sensitivity
Inclusive
Versatility
Commitment
Ambition
Optimism
Curiosity

WHAT DO THEY MEAN?

Let's take a look at some of these **character traits** and what they mean. Don't forget character is part of your attitude, behaviour and personality. Character traits are the characteristics that build your character and make you the person you are.

ACTIVITY

Match the character trait to meaning by putting the right letter in the box.

You can check your answers on pages 12 and 13.

Sensitivity

A.

To not exclude others. To allow all kind of people to join in and participate, to listen and consider other people's ideas.

Inclusive

B.

Being dedicated to something, doing something regularly, even though there may be challenges on the way.

Commitment

C.

To have an aim and achieve something successfully. To really want to succeed at something.

Ambition

D.

The feeling of being hopeful about the future and the success of something.

Optimism

E.

To show awareness and understanding of other people feelings, Being aware of someone's pain and wanting to help them

Curiosity

F.

The desire to know about something.



Collaborative

G. Belief in your own abilities and skills, to do something that you may find frightening.



Communication

H. To tell the truth. To be honest, and have strong morals



Self-control

I. To be able to adapt to many different situations. To be able to cope with difficulties.



Confidence

J. Giving information through speaking, listening.



Honesty

K. Working together



Versatility

L. To be able to control yourself in challenging situations. Being able to behave in a controlled way.



Start with the ones you know and try to use process of elimination.

Don't worry if you find this difficult. You can check your answers on pages 12 and 13.

WHAT DOES IT TAKE?

Sometimes our **character traits** have an impact on the things that we are good at and what we enjoy doing. The **character traits** you build now will play a part in who you are as an adult later in life. Some jobs need people with certain **character traits**, E.G. a builder might need versatility, collaboration and commitment.

ACTIVITY

How does character help people do their jobs well? Let's think about the traits other people need to have to succeed.

Use the character traits in the last activity to write 3 traits next to each picture below.



FOOTBALLER



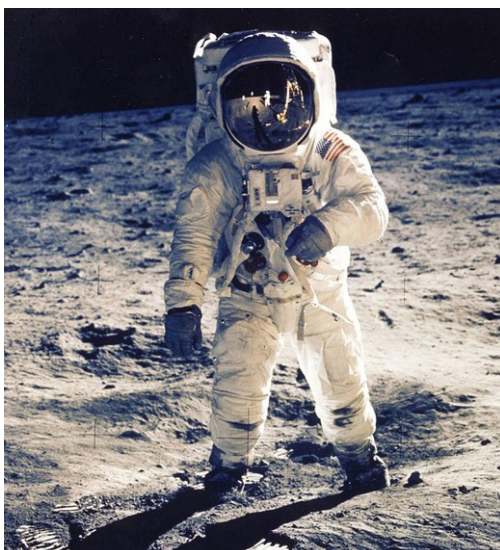
NURSE



POLICE OFFICER



TEACHER



ASTRONAUGHT

WHAT ABOUT YOU?

Now we have learned more about character and thought about what sort of **character traits** other people might need. Let's have a look at you and the person that you want to become by improving some of your **character traits**.

ACTIVITY

Have a think about the traits you have and which ones you might want to work on to become a better version of yourself.

Write 3 - 5 under each header below.

**Traits I'm
already good at**

**Traits I want to
work on**

WHO DO YOU WANT TO BE?

The next step is looking at the list of traits you created on the page before and deciding how to work on the traits that you chose. The best way to improve on your **character traits** is to use them by practicing, it's almost the same as building muscle with exercise.

ACTIVITY

Think of a task you can use to practice each of the traits you chose to work on.

In the space below write the traits on the line and describe the task in the box.

TRAIT	TASK
<hr/>	
<hr/>	

TIP

For example if you need to work on 'communication' you could have a call once a week with a relative and write what you talk about.

TRAIT

TASK

TIP

Try and do these tasks once or twice a week for at least three weeks.

Once you've done that you're ready to move on to the next page.

HOW HAVE YOU CHANGED?

Once you have practiced your new **character traits**, think about how it is changing you as a person and what effect it has had on how you feel and the way you do things.

ACTIVITY

Think about how practicing those tasks has helped improve the character traits you chose to work on. How are you a better person than before?

Write down some of your thoughts below.

WHAT HAVE YOU LEARNED?

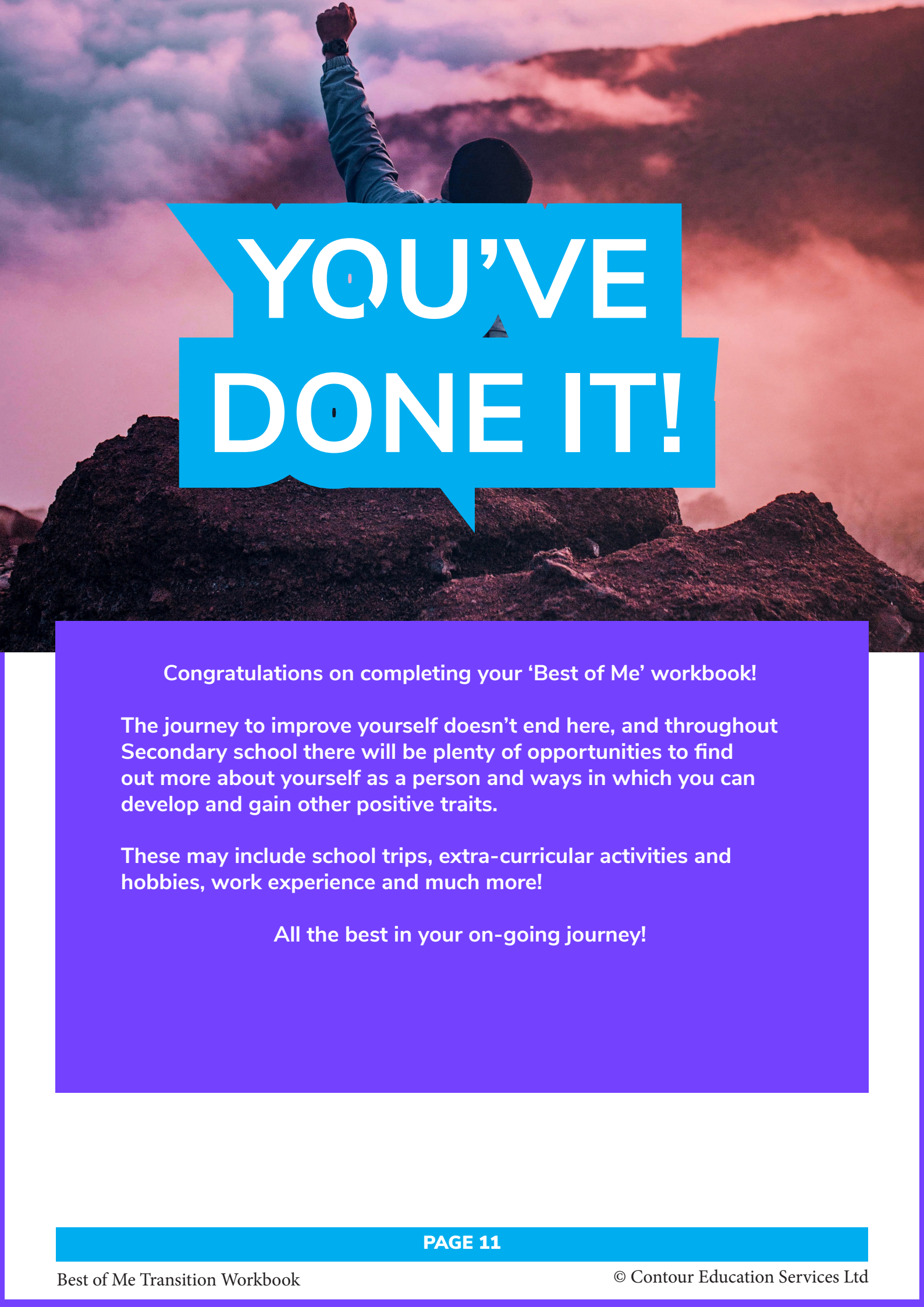
We are almost at the end! We've talked a lot about **character traits** and you've then practiced some of those traits. You have also thought about how that has changed you as a person and how you can choose the person you want to be.

Now let's think about everything that you have learned along the way. What are you better at now than before? Think about the kind of **character traits** you might need for Secondary school. Could you work on these before school starts in September?

ACTIVITY

Reflect on everything you have learned throughout this work book and that has made you a better version of yourself. How can you continue this throughout year 7?

Write down some of your thoughts below.

A person is seen from behind, standing on a rocky, grassy hill. Their right arm is raised high in a gesture of triumph or celebration. The sky is filled with dramatic, colorful clouds in shades of orange, pink, and purple, suggesting a sunset or sunrise. A large, bright blue speech bubble is superimposed over the center of the image, containing the text 'YOU'VE DONE IT!' in white, bold, sans-serif capital letters.

YOU'VE DONE IT!

Congratulations on completing your 'Best of Me' workbook!

The journey to improve yourself doesn't end here, and throughout Secondary school there will be plenty of opportunities to find out more about yourself as a person and ways in which you can develop and gain other positive traits.

These may include school trips, extra-curricular activities and hobbies, work experience and much more!

All the best in your on-going journey!



ANSWERS

Here you will find the answers to the activities on pages 2 and 3.

How did you do?

WORDSEARCH



WHAT DO THEY MEAN?

- E** **Sensitivity** - To show awareness and understanding of other people feelings, Being aware of someone's pain and wanting to help them
- A** **Inclusive** - To not exclude others. To allow all kind of people to join in and participate, to listen and consider other people's ideas and suggestions.
- B** **Commitment** - Being dedicated to something, doing something regularly, even though there may be challenges on the way.
- C** **Ambition** - To have an aim and achieve something successfully. To really want to succeed at something.
- D** **Optimism** - The feeling of being hopeful about the future and the success of something.
- F** **Curiosity** - The desire to know about something.
- K** **Collaborative** - Working together
- J** **Communication** - Giving information through speaking, listening, and language.
- L** **Self-control** - To be able to control yourself in challenging situations. Being able to behave in a controlled way, following certain rules and standards.
- G** **Confidence** - Belief in your own abilities and skills, to do something that you may find frightening.
- H** **Honesty** - To tell the truth- To be honest, and have strong morals
- I** **Versatility** - To be able to adapt to many different situations. To be able to cope with difficulties, to be able to change your view, change actions or compromise.