

Directions:

This resource contains a total of 50 Character Trait Posters. Each poster is included in both full color and black/white. 10 of the posters are monthly "Core Value" posters and 30 of them are weekly "Character Trait" posters. The weekly Character Trait posters go along with and expand upon the monthly Core Value posters. The 10 "Bonus Posters" are additional posters that educators have asked me to add over the years. I like to assign one Core Value to each month of the school year. I introduce the Core Value to students on the first of the month.

Then, during the second, third, and fourth weeks of the month, I introduce a new weekly Character Trait to expand students' knowledge of the Core Value and SEL vocabulary. I love using these posters during morning meeting, counseling lessons, on a bulletin board in the hallway, and on the morning announcements. You can follow the program in the order that I created it, or make it your own by picking and choosing which posters best fit the needs of your students.

Looking for the digital for Google Slides™ version of the resource?

Click on the other PDF file in the zip folder!

Questions? Need more posters? Contact me any time at laura@musiccityschoolcounselor.com.

PS I so appreciate when you leave feedback on my resources on my TpT store. It helps other educators find quality resources and helps my small business grow! 😊

**FULL
COLOR
POSTERS**



RESPECT

“I do what is right, not what is easy.” — Samreen Sumbul

- I follow the rules.
- I keep my hands and feet to myself.
- I use good manners. I am polite.
- I listen to, help, and encourage others.
- Others can count on me to do the right thing.

**Core
Value**



SELF-RESPECT

“Respect yourself and others will respect you.” – Confucius

- I show love for myself by valuing what makes me special and unique.
- I make safe and healthy choices.
- I stand up for myself and for what I believe in.
- I am thankful for my many talents and abilities.
- I am proud to be me!

TOLERANCE

“Why fit in when you were born to stand out? – Dr. Seuss

- I have an open mind.
- I accept others for who they are.
- I believe that our differences make us special.
- I know that there is beauty in diversity.
- I love what makes me unique.



ATTENTIVENESS

“Listen with the intent to understand, not the intent to reply.”

— Stephen Covey

- I make eye contact with the speaker.
- I focus on the speaker.
- I imagine how the speaker might be feeling.
- I ask questions when I don't understand.
- I value what the speaker is saying.



KINDNESS

“Be the reason someone smiles today.”

- I am friendly.
- I use nice words and give compliments.
- I am helpful.
- I care about others.
- I include others.
- I put others first.

**Core
Value**



COOPERATION

“Alone we can do so little; together we can do so much.” – Helen Keller

- I am a team player.
- I value the ideas, abilities, and opinions of others.
- I am patient and wait my turn.
- I solve problems with others peacefully.
- I contribute to and help my group.



HELPFULNESS

“Never look down on someone unless you are helping them up.”

– Jesse Jackson

- I make my home, school, and community a better place by helping those in need.
- I ask others how I can help them.
- I am thoughtful and considerate.
- I put others first.



FRIENDLINESS

“Keep smiling because friendliness will take you everywhere.”

- I smile and say hello to my teachers, friends, and classmates.
- I greet others with a handshake, high five, or hug.
- I love to laugh and chat with my friends and family.
- I include and invite others.



RESPONSIBILITY

“Accept responsibility for your life.
Know that it is YOU who will get you
where you want to go, no one else.”

– Les Brown

- I do my work and turn it in on time.
- I control my behavior and take ownership of my actions.
- I can be trusted with important jobs.
- I take care of my belongings.
- I help my family with chores at home.

**Core
Value**



SELF-CONTROL

“Do something that your future self will thank you for.” – Sean Flannery

- I control my feelings so I can make good choices.
- When I’m angry or frustrated, I take deep breaths and count to 10 to calm down.
- I keep my hands and feet to myself.
- I use kind words.
- I solve problems peacefully.



SAFETY

"Safety first is safety always."

— Charles M. Hayes

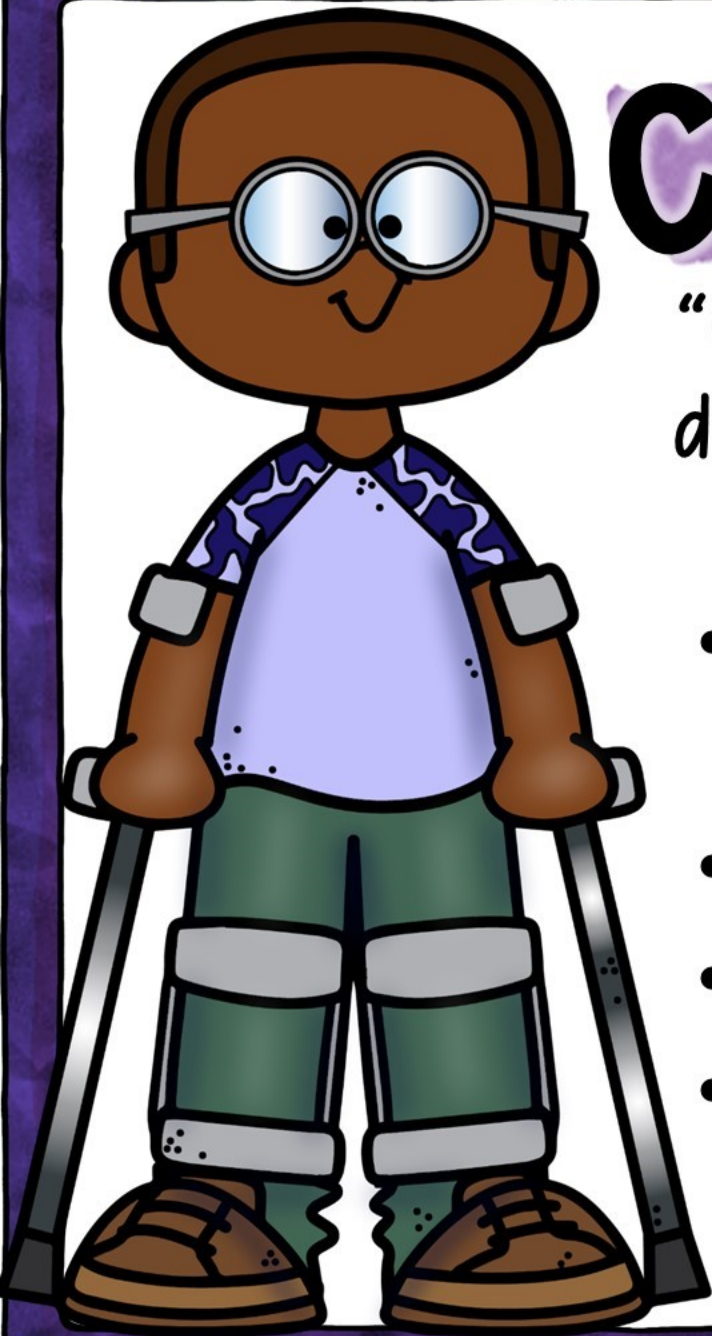
- I can recognize safe people in my family, school, and community.
- I make safe and healthy choices.
- I know that my body belongs to me and I am the boss of my body.
- I do not take risks when it comes to my health and safety.



PROBLEM-SOLVER

“Love is the only force capable of turning an enemy into a friend.” – MLK Jr.

- I can resolve problems peacefully with others by telling them to please stop, walking away, playing another game, or ignoring it.
- I can talk out my problems in a calm and kind way.
- I can apologize when I make a mistake.



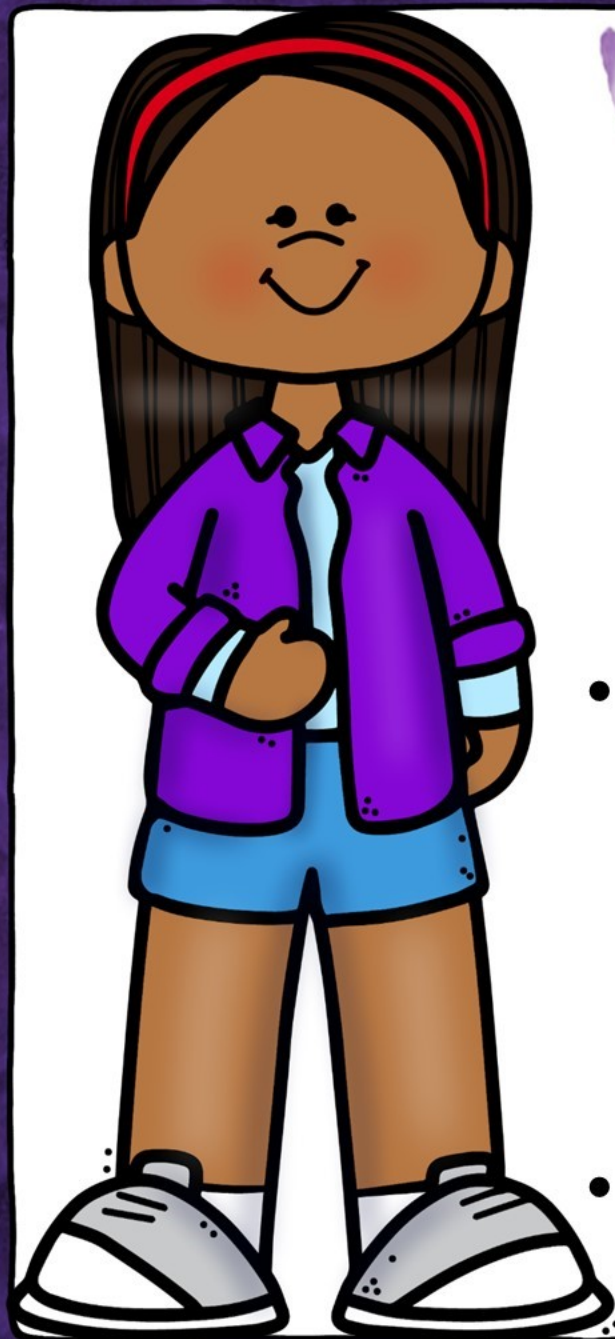
CITIZENSHIP

“Citizenship is the choice to make a difference to the place you belong.”

— Charles Handy

- I make my home, school, and neighborhood a better place.
- I follow the rules and laws.
- I make safe and healthy choices.
- I try my best in school so I can achieve my dreams.

**Core
Value**



COMMUNITY SERVICE

“You have two hands. One for helping yourself, the other for helping others.”

– Audrey Hepburn

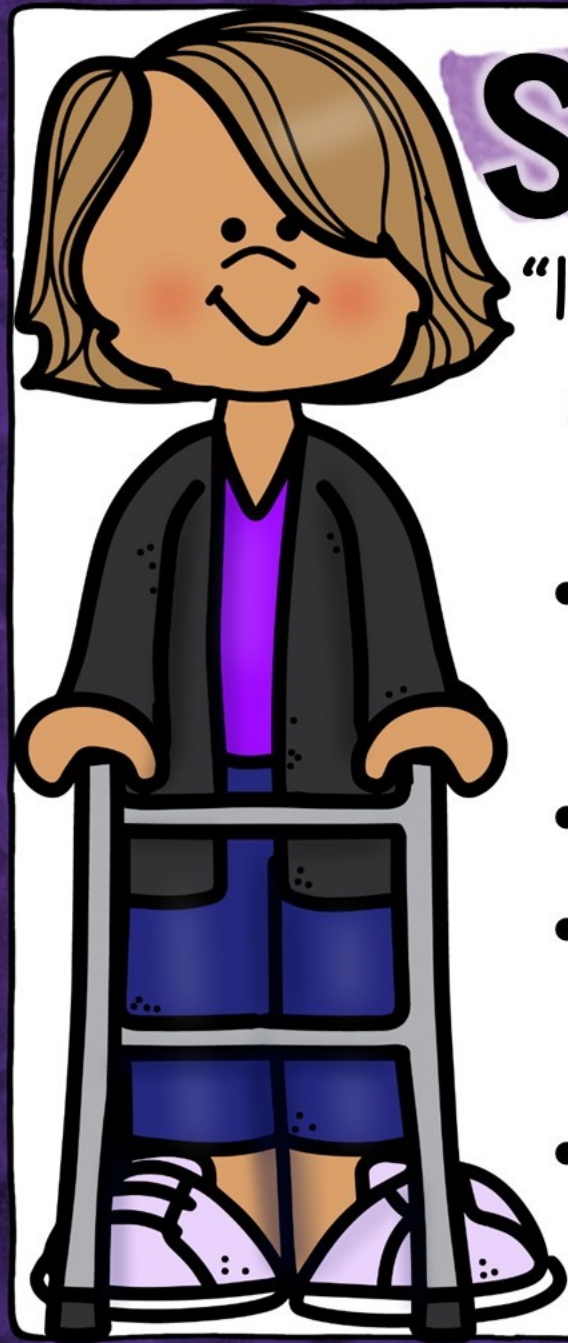
- I make my school and community a better place by participating in service projects such as a canned food drive or a coat drive. I can volunteer at a nursing home or animal shelter.
- I know that just one small person can make a big difference.



RESPECT FOR THE ENVIRONMENT

"Leave your world a better place than you found it."

- I can recycle.
- I never litter and pick up trash that I find outside.
- I appreciate the beauty in nature.
- I respect animals, bugs, and plants.
- I do my part to make this world a safer, cleaner, and healthier place.



SCHOOL PRIDE

"I wake up each day with pride because I am part of something bigger than I would have ever dreamed of."

- I take care of my school by keeping the classrooms and hallways clean.
- I participate in school events.
- I am helpful to my teachers and peers.
- I make my school a better place by trying my best each day.



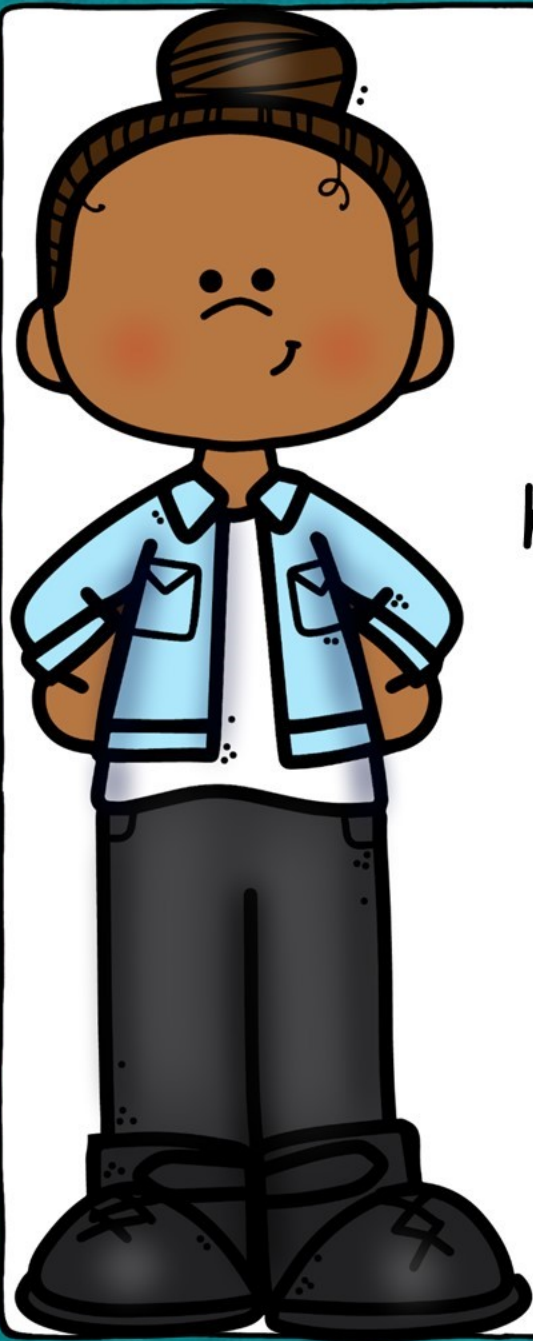
COMPASSION

"Do small things with great love."

– Mother Teresa

- I show love, kindness, and caring for others.
- I participate in service projects that help my community.
- I recognize when others are sad or hurt and do my best to help them.
- I apologize for and own up to my mistakes.

**Core
Value**



LOVE

“Love is when the other person’s happiness is more important than your own.” – H. Jackson Brown Jr.

- Small acts of kindness and caring help me express my love for others.
- I give hugs, compliments, and handmade gifts to others.
- I love myself and celebrate what makes me unique.



GENEROSITY

"For it is in giving that we receive."

– St. Francis of Assisi

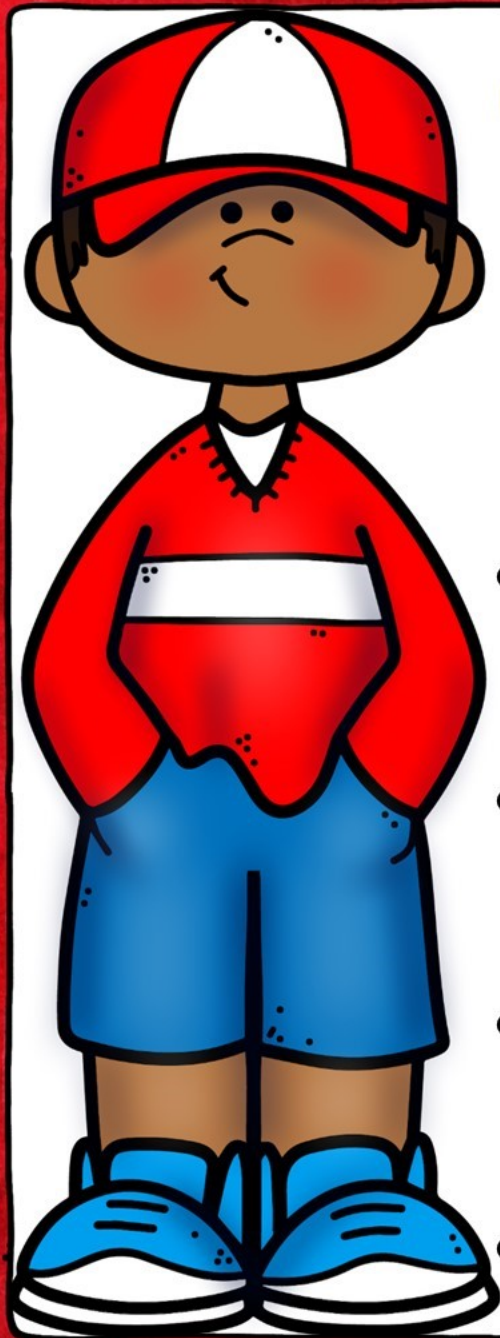
- I understand that giving compliments and presents can be even more fun than receiving them!
- I share my toys and belongings with others.
- I make cards and handmade gifts to show love for others.



UNDERSTANDING

“Time spent understanding people is never wasted.” – Cate Hudson

- I use empathy to try to imagine how my friend or family member is feeling.
- I have an open mind and think the best of others.
- I know that two people can feel very differently in the same situation.
- I value the ideas and opinions of others, even when they're different from my own.



HONESTY

“Honesty is the first chapter in the book of wisdom.” – Thomas Jefferson

- I always tell the truth so others know they can trust me.
- I quickly take ownership for mistakes that I make.
- I say what I mean and mean what I say.
- I take care of my responsibilities.

**Core
Value**



TRUSTWORTHINESS

“Any problem can be solved between two people if only they can trust each other.” — Michael Morpurgo

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DEPENDABILITY

“Whoever is careless with the truth in small matters cannot be trusted with important matters.” — Einstein

- I am reliable and trustworthy.
- I always take care of my responsibilities.
- I turn in my homework and finish my chores at home.
- I am punctual and on time.



LOYALTY

“Loyalty is about people who stay true to you behind your back.”

— Sradha Sharma

- I understand that my family and friends are the most important people in my life. I help, support, and protect them any way I can.
- I put others first.
- I am an upstander who stands up to bullying.



CARING

"Care for others. Change the world."

- I treat others with kindness and respect.
- I think about how my words and choices affect others.
- I share with others.
- I help others if they are sad or hurt.

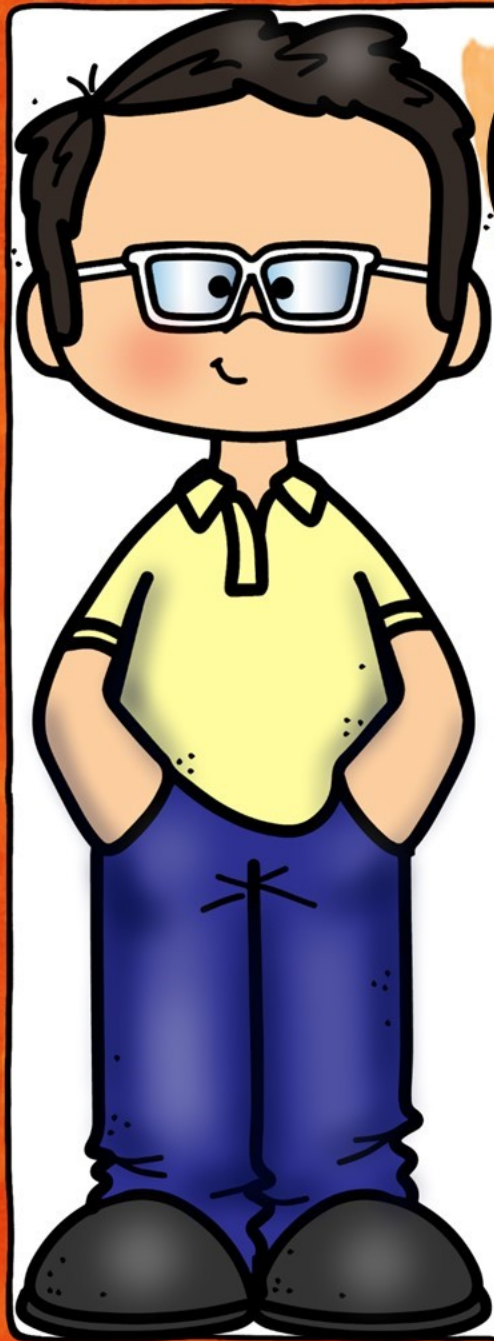
**Core
Value**



COURTESY

*"It takes no extra time to smile
and be polite."*

- I use polite words such as please, thank you, and excuse me.
- I have good manners.
- I am considerate, kind, and respectful of others.
- I let others go first and patiently wait my turn.



GRATITUDE

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

– William Arthur Ward

- I always say thank you when someone gives me a present or a compliment.
- I am thankful when others think of me by helping, supporting, and loving me.
- I celebrate the joys and accomplishments of others and am grateful when they celebrate mine.

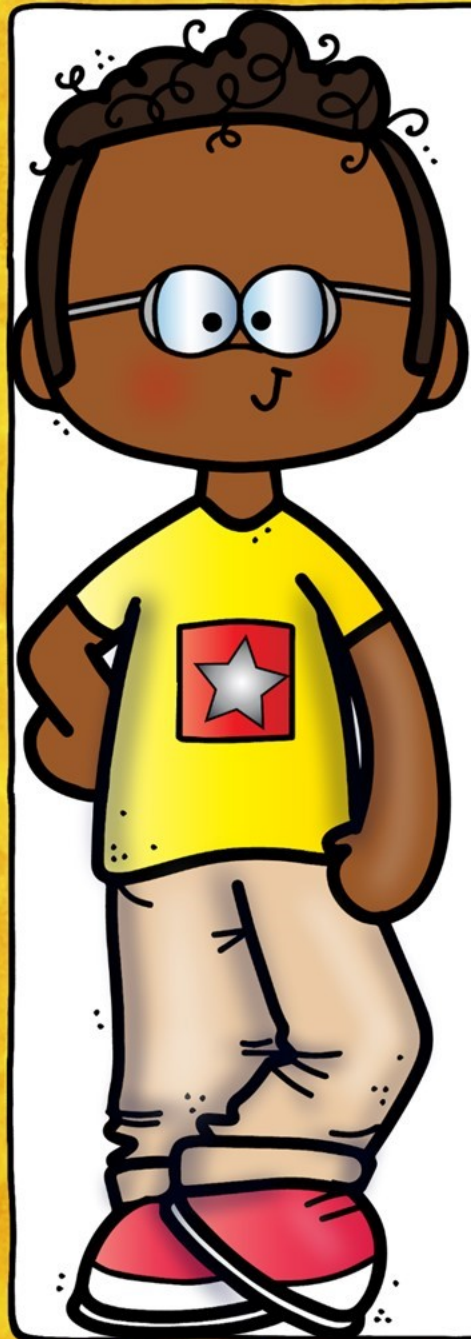


EMPATHY

"Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another."

— Alfred Adler

- I think before I speak...is what I'm about to say kind?
- I listen to and respect others' ideas.
- I imagine how others might be feeling and try to help them.
- I understand that two people might feel differently in the same situation.



FAIRNESS

“You cannot be fair to others without first being fair to yourself.”

— Vera Nazarian

- I always play by the rules.
- I make sure everyone gets a turn.
- I listen to others with an open mind.
- I think about how my words and actions affect others.
- I include others.

**Core
Value**



SPORTSMANSHIP

"It is your response to winning or losing that makes you a winner or a loser." – Harry Sheehy

- I always follow the rules and play fair.
- I high five, shake hands, and say, "great job!" to others after I win or lose a game.
- I always compliment my teammates and cheer them on.
- I know that losing is part of the game and helps me get better!



TEAMWORK

“Teamwork makes the dream work.”

— John C. Maxell

- I cooperate and collaborate with others to accomplish our goals.
- I play fair and follow the rules.
- I solve problems in a calm, kind, and peaceful way.
- I listen respectfully to others' ideas.
- My teammates can count on me to try my best.



JUSTICE

“If you want peace, work for justice.” – Pope Paul VI

- I do what is right, not what is easy or popular.
- I play fair and follow the rules.
- I am a loyal friend.
- I am an upstander who stands up to bullying.
- I have strong morals.



GRIT

“Grit is the stubborn refusal to quit.” — Jonah Lehrer

- I have grit...I won't quit!
- I am brave, bold, courageous, and strong.
- I do whatever it takes to get the job done.
- I take responsibility for my words, choices, and actions.

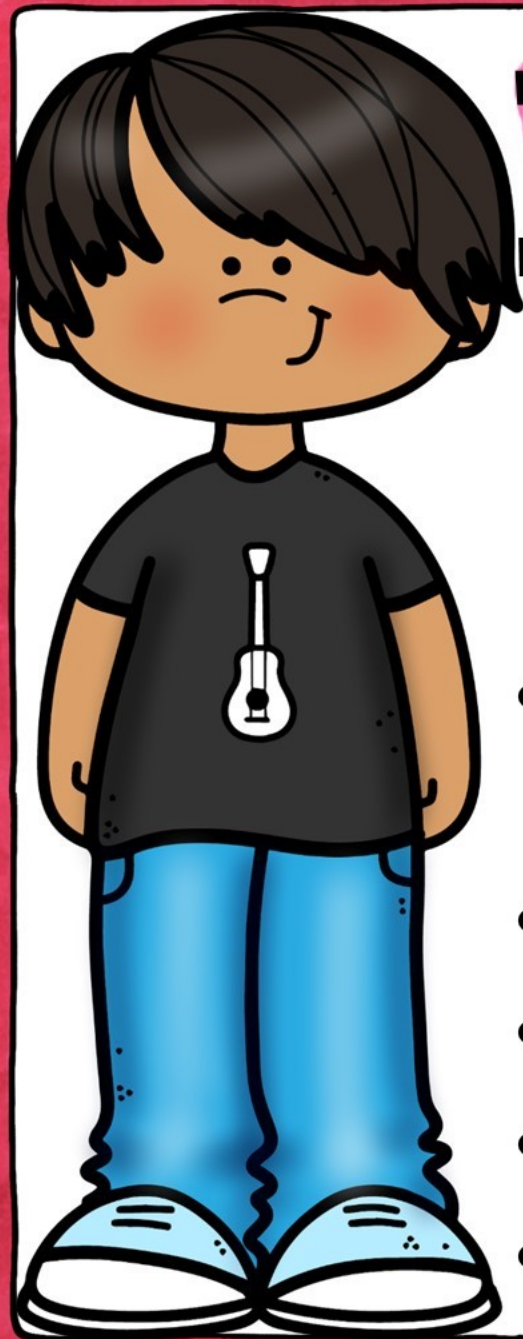
**Core
Value**



RESILIENCY

"I can be changed by what happened to me. But I refuse to be reduced by it." — Maya Angelou

- I learn from my mistakes and try harder next time.
- I am tough and brave.
- I know that it is okay to cry and that talking about my feelings helps me feel better.
- When I fall, I pick myself right back up.

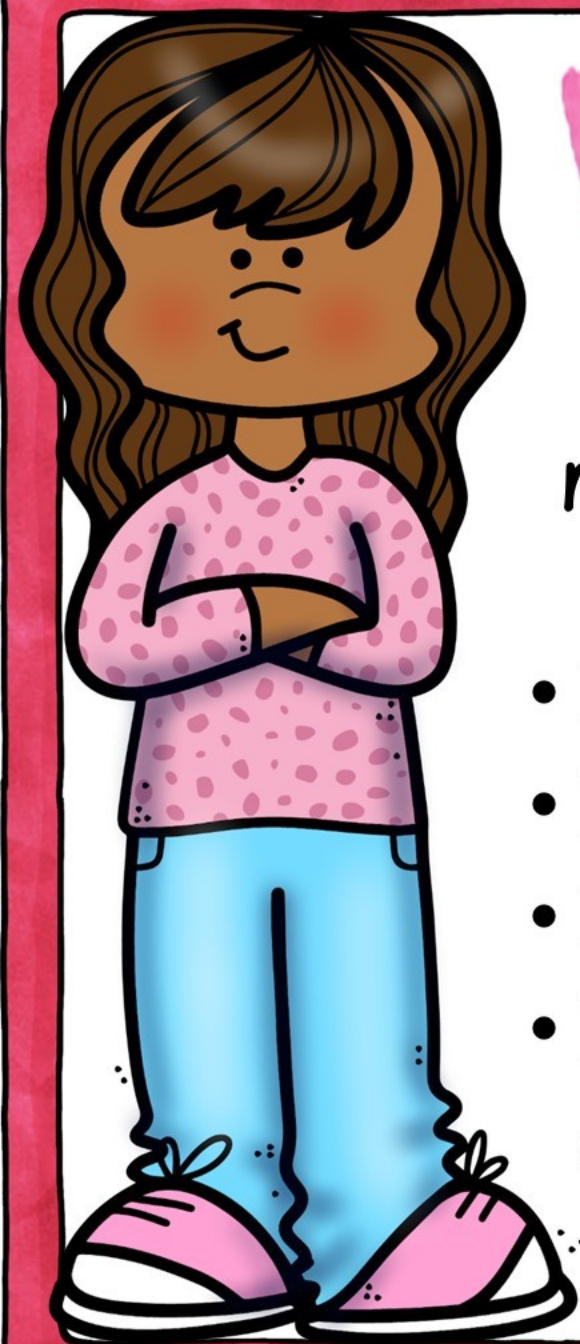


INTEGRITY

“Integrity is doing the right thing even when no one is watching.”

— C.S. Lewis

- Others can always count on me to make good choices.
- I stand up for what I believe in.
- I am reliable and dependable.
- I am kind, loving, and caring to others.
- I am honest and trustworthy.



TENACITY

“I’ve failed over and over again in my life. And that is why I succeed.”

– Michael Jordan

- I never give up. I just won’t quit!
- I keep trying and trying until I succeed.
- I know that practice makes perfect.
- I know that making mistakes is part of life and I try my best to learn from them.



COURAGE

“All of your dreams can come true if you have the courage to pursue them.”

— Walt Disney

- I am courageous and strong.
- I do what is right — not what is popular.
- I know that trying new things helps me learn.
- I am ready to move onto the next grade!
- I am an upstander who stands up to bullying.

**Core
Value**



PATIENCE

“All good things come to those who wait.” – Paullina Simons

- I take turns and wait peacefully for my turn.
- I stay calm when I am faced with problems or challenges.
- I do not complain.
- I let others go first.
- I keep a positive attitude while I wait.



MOTIVATION

“A little progress each day adds up to big results.” — Satya Nani

- I try my best every day.
- I never give up.
- I know that making mistakes is how I learn.
- I set goals and work hard to achieve them.
- I have big dreams for my future!



MINDFULNESS

“Be happy in the moment, that’s enough. Each moment is all we need, not more.” – Mother Teresa

- I notice what is happening right now. I pay attention to my five senses, thoughts, and feelings.
- I know that there is no right or wrong way to feel in this moment.
- I can practice deep breathing, yoga, or meditation to help me relax.

**10 BONUS
POSTERS!**



ACCEPTANCE

“Strength lies in differences, not in similarities.” – Stephen Covey

- I have an open mind.
- I love others for who they are.
- I see the best in others.
- I appreciate different cultures, religions, beliefs, and backgrounds.
- I understand that our differences make us special, valuable, and unique.

PERSEVERANCE

"It always seems impossible until it's done." – Nelson Mandela

- I never give up. I just won't quit!
- I keep trying and trying until I succeed.
- I know that practice makes perfect.
- I know that making mistakes is part of life and I try my best to learn from them.
- I put in my best effort always.





BRAVERY

“Bravery is not the absence of fear,
but the action in the face of fear.”

— Mark Messier

- I am courageous and strong.
- I listen to my heart.
- I stay true to myself and my values. I speak my mind.
- Trying new things helps me grow.
- I am an upstander who stands up to bullying.



ASSERTIVENESS

“There’s boldness in being assertive;
there’s strength in confidence.”

— Bryan Cranston

- I am brave, strong, and confident.
- I actively listen to others and am open and honest with them.
- I stand up for myself and my beliefs.
- I understand that it’s okay to say “no.”
- I stay calm in tough situations.
- I solve problems and conflicts with others peacefully.

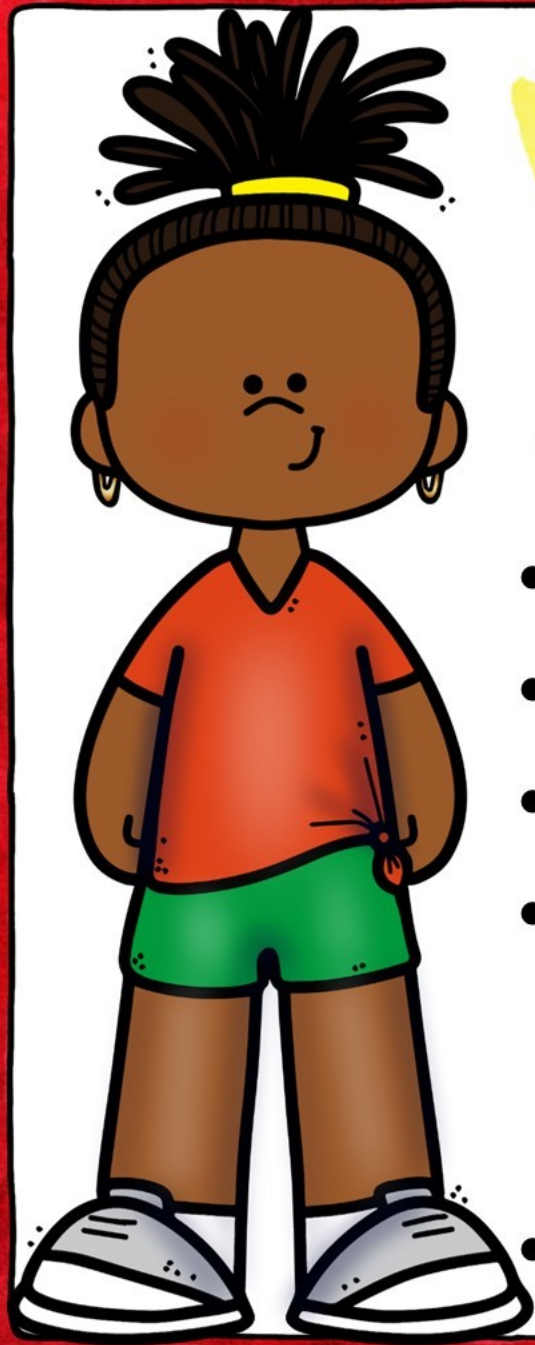


OPTIMISM

“Always believe that something wonderful is about to happen.”

– Coco Chanel

- I look on the bright side and reflect on what I did well today.
- I take time to notice the good things that happen throughout the day.
- I try to find the “silver lining” in tough situations.
- I focus on what I CAN do, not on what I cannot do.



INITIATIVE

“Initiative is doing the right thing without being told.” – Victor Hugo

- I am a leader.
- I am a self-starter.
- I do what it takes to get the job done.
- I am responsible, reliable, and dependable. Others know they can count on me!
- I am motivated and energetic.



DILIGENCE

“What we hope to do with ease, we must first do with diligence.”

— Samuel Johnson

- I persevere and keep trying until the job is done.
- I am careful and thoughtful.
- I am a hard worker and always put in my best effort.
- I pay attention to details.
- I know that practice makes perfect.



DETERMINATION

"I can. I will. End of story!"

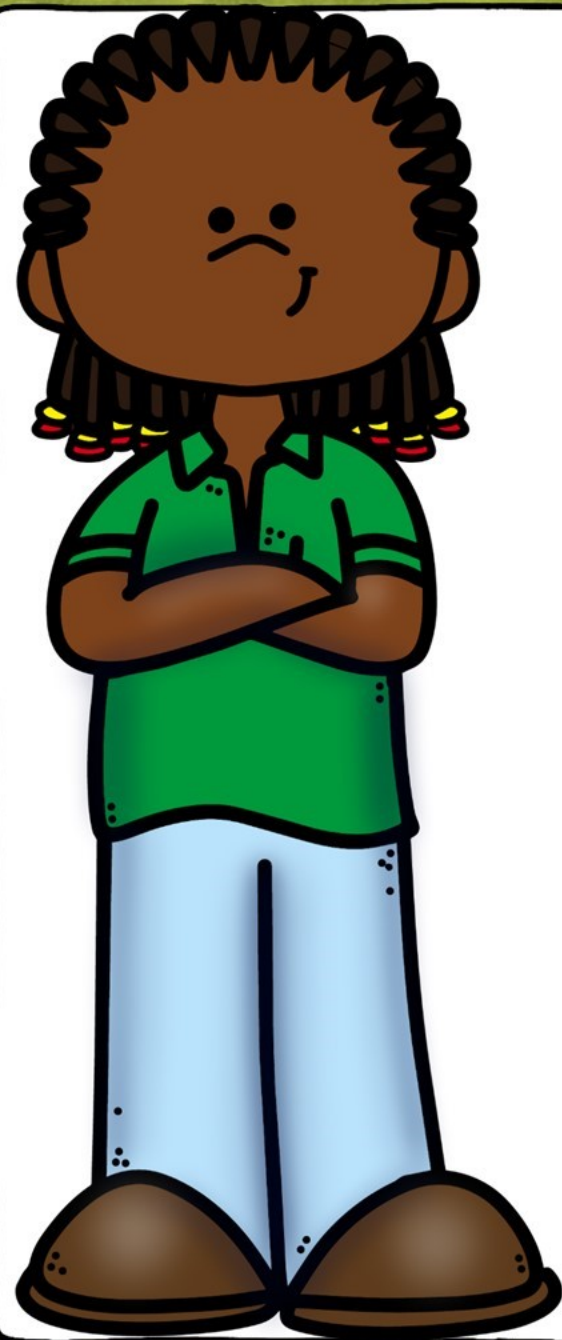
- I set goals for myself and do whatever it takes to achieve them.
- I never give up, even when faced with challenges.
- Even when others don't believe in me, I believe in myself and keep on going.
- I am a problem-solver.



SELF-DISCIPLINE

“Motivation gets you going, but discipline keeps you growing.” – John C. Maxwell

- I control my feelings so I can make good choices.
- When I’m angry or frustrated, I take deep breaths and count to 10 to calm down.
- I keep my hands and feet to myself.
- I use kind words.



EFFORT

“Don’t tell people your dreams. Show them!” – Kelsey MacLean

- I try my best in everything I do.
- I understand that mistakes help me learn and practice helps me grow.
- I set goals for myself and do whatever it takes to achieve them.
- I believe in myself and know that I am special, smart, and important!

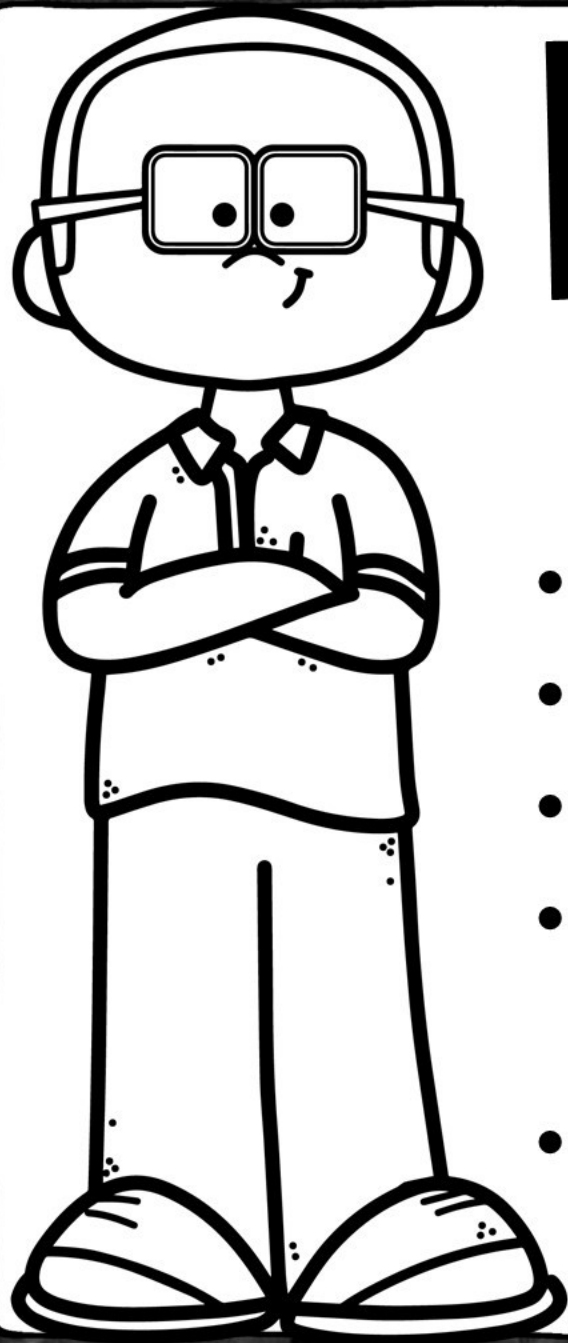
BLACK LINE POSTERS

RESPECT

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**Core
Value**





SELF-RESPECT

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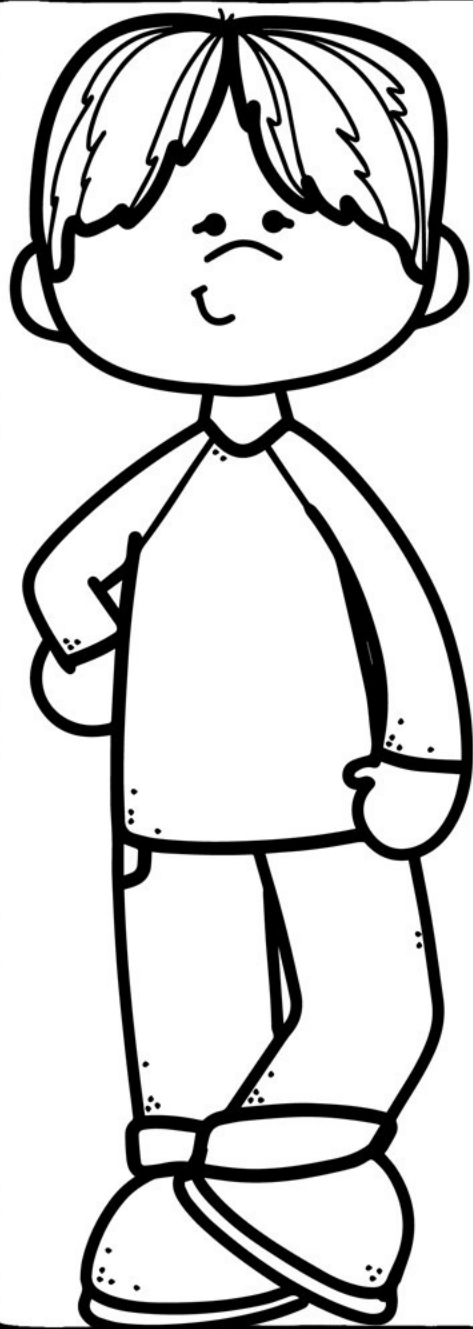
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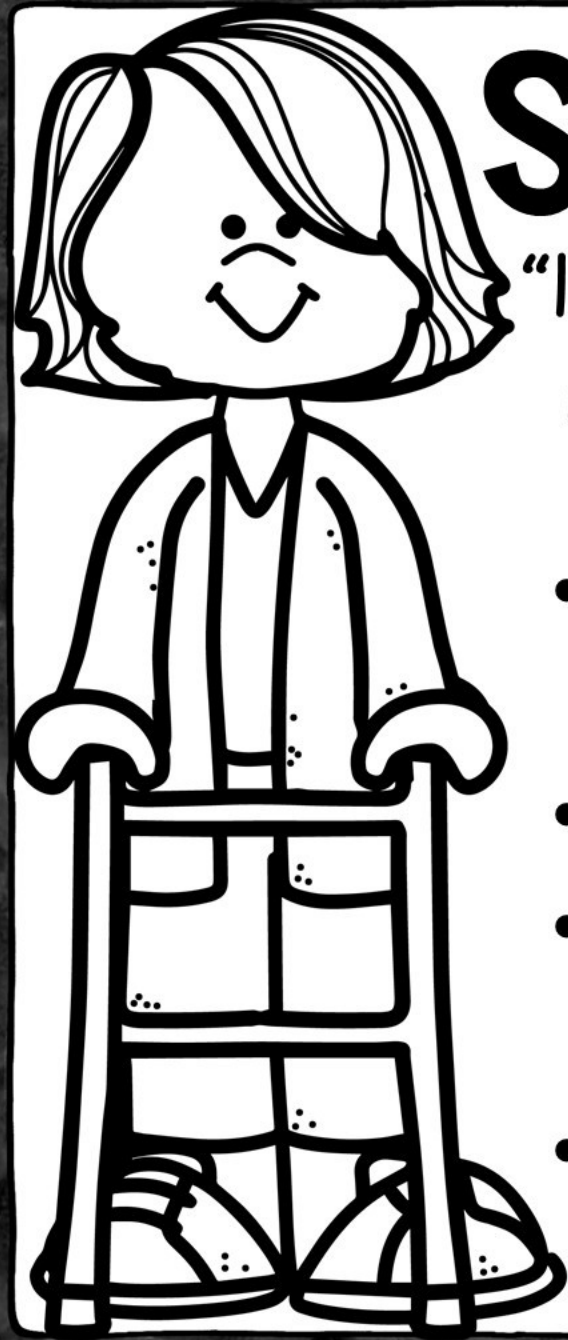
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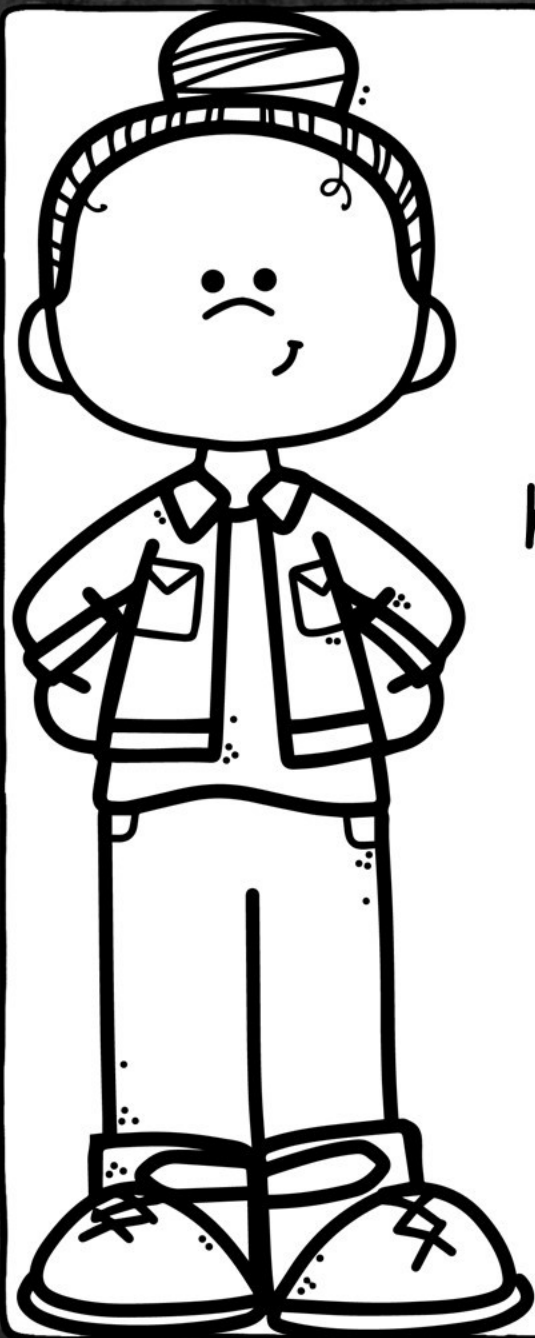
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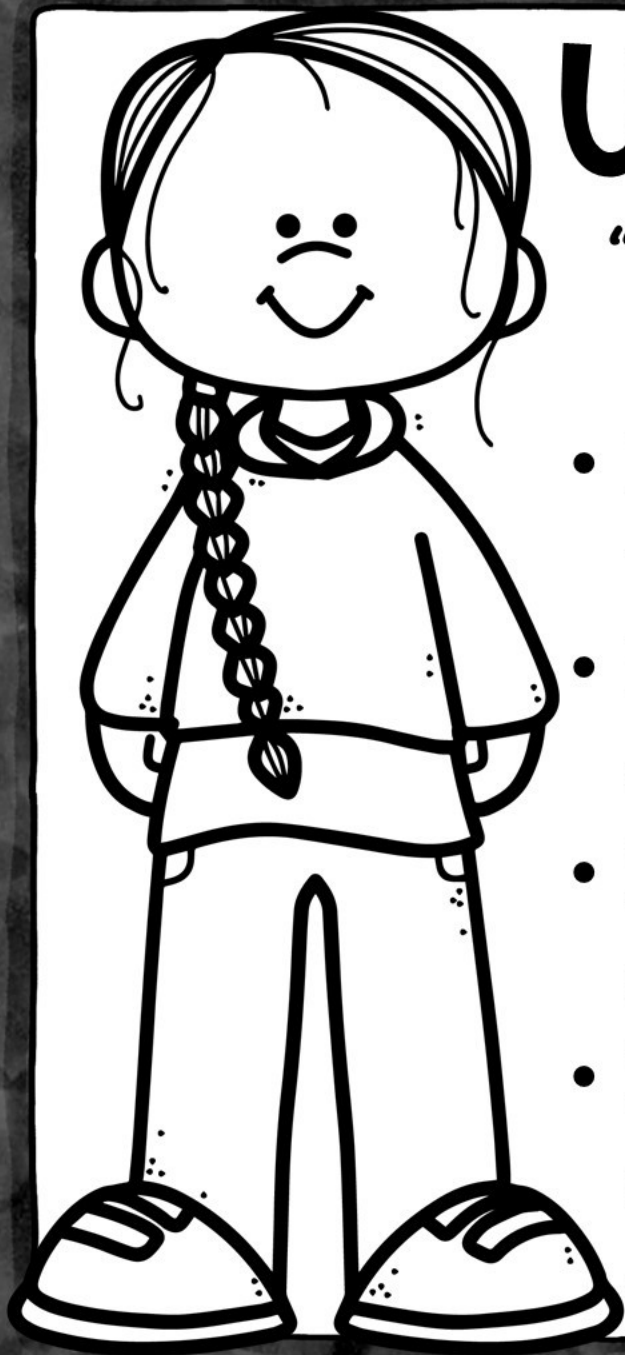


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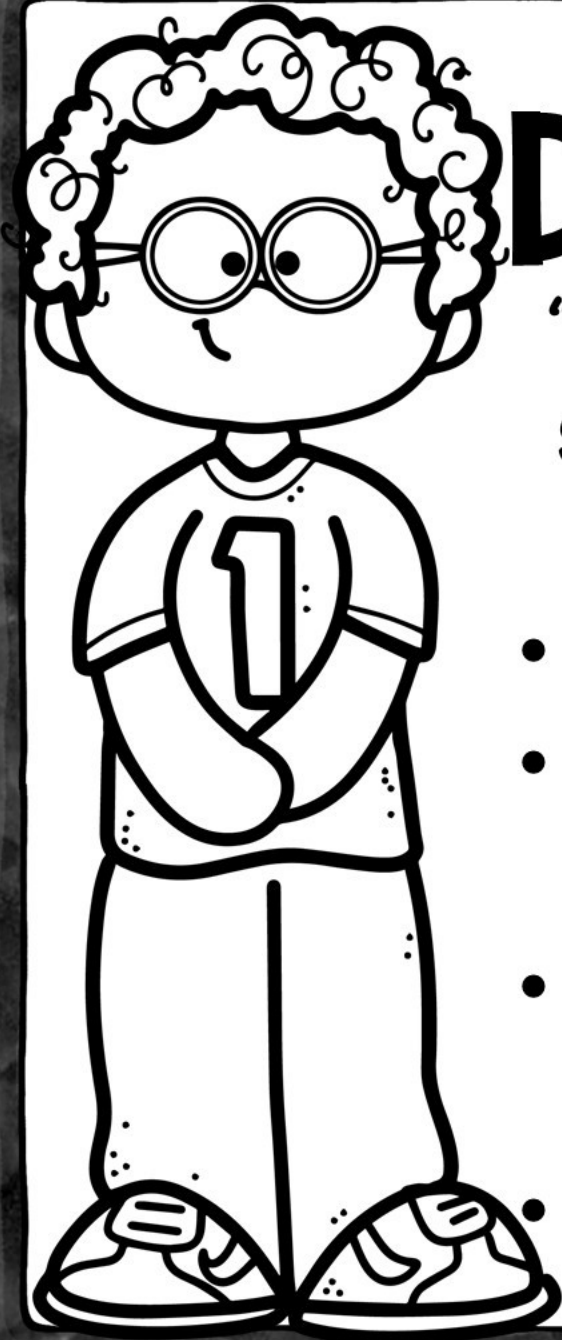
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CARING

"Care for others. Change the world."

- I treat others with kindness and respect.
- I think about how my words and choices affect others.
- I share with others.
- I help others if they are sad or hurt.

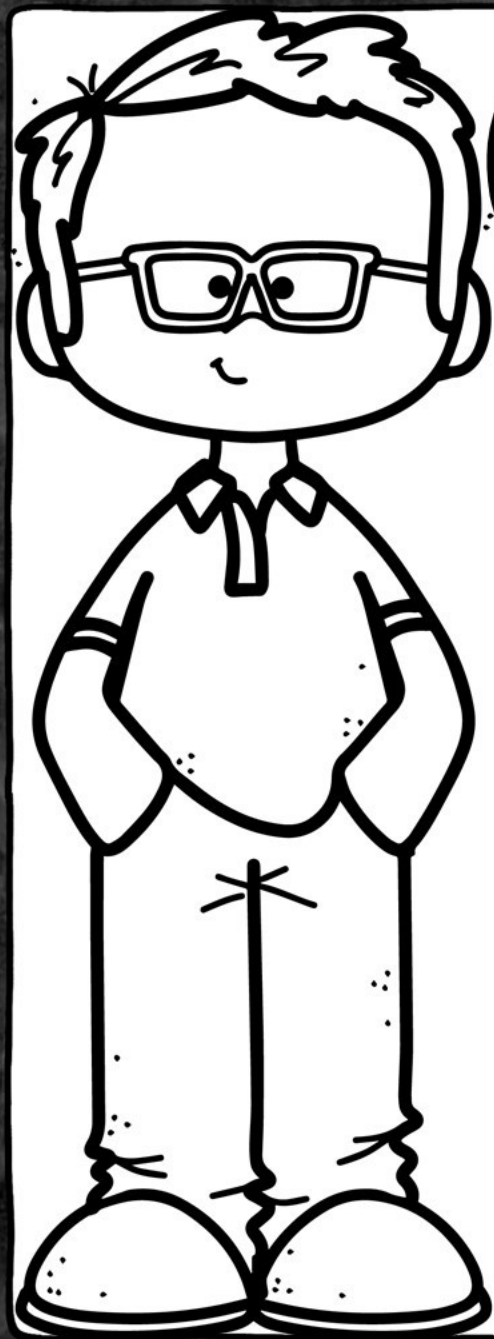
**Core
Value**



COURTESY

*“It takes no extra time to smile
and be polite.”*

- I use polite words such as please, thank you, and excuse me.
- I have good manners.
- I am considerate, kind, and respectful of others.
- I let others go first and patiently wait my turn.

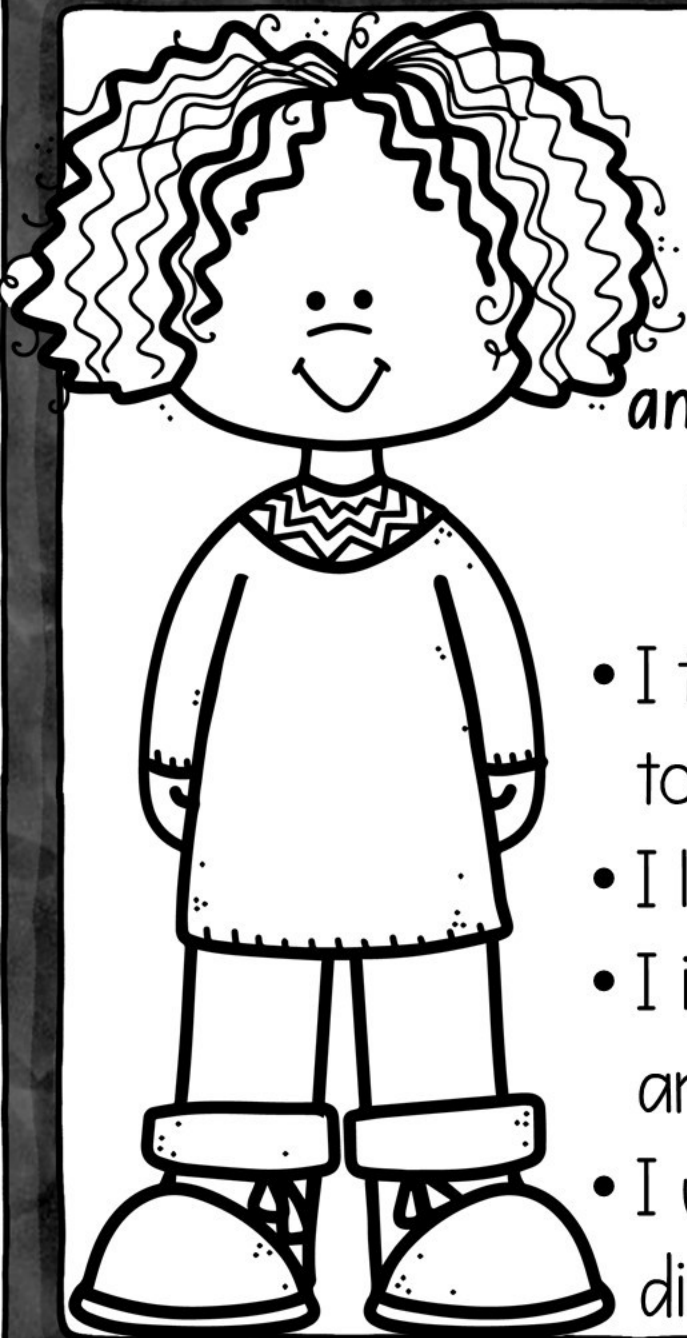


GRATITUDE

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

– William Arthur Ward

- I always say thank you when someone gives me a present or a compliment.
- I am thankful when others think of me by helping, supporting, and loving me.
- I celebrate the joys and accomplishments of others and am grateful when they celebrate mine.

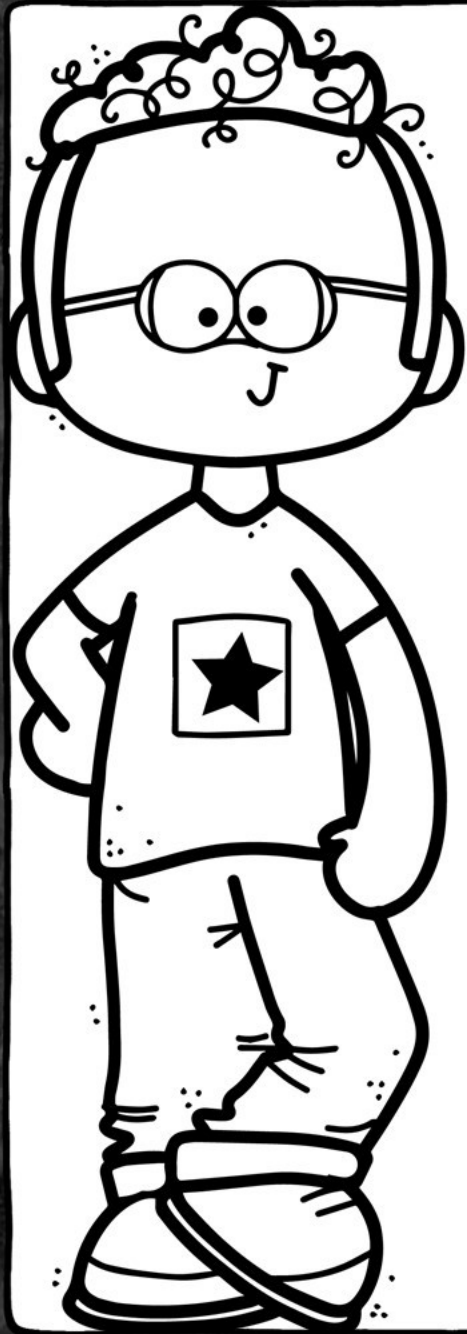


EMPATHY

"Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another."

— Alfred Adler

- I think before I speak...is what I'm about to say kind?
- I listen to and respect others' ideas.
- I imagine how others might be feeling and try to help them.
- I understand that two people might feel differently in the same situation.



FAIRNESS

"You cannot be fair to others without first being fair to yourself."

— Vera Nazarian

- I always play by the rules.
- I make sure everyone gets a turn.
- I listen to others with an open mind.
- I think about how my words and actions affect others.
- I include others.

**Core
Value**



SPORTSMANSHIP

"It is your response to winning or losing that makes you a winner or a loser." – Harry Sheehy

- I always follow the rules and play fair.
- I high five, shake hands, and say, "great job!" to others after I win or lose a game.
- I always compliment my teammates and cheer them on.
- I know that losing is part of the game and helps me get better!



TEAMWORK

“Teamwork makes the dream work.”

— John C. Maxell

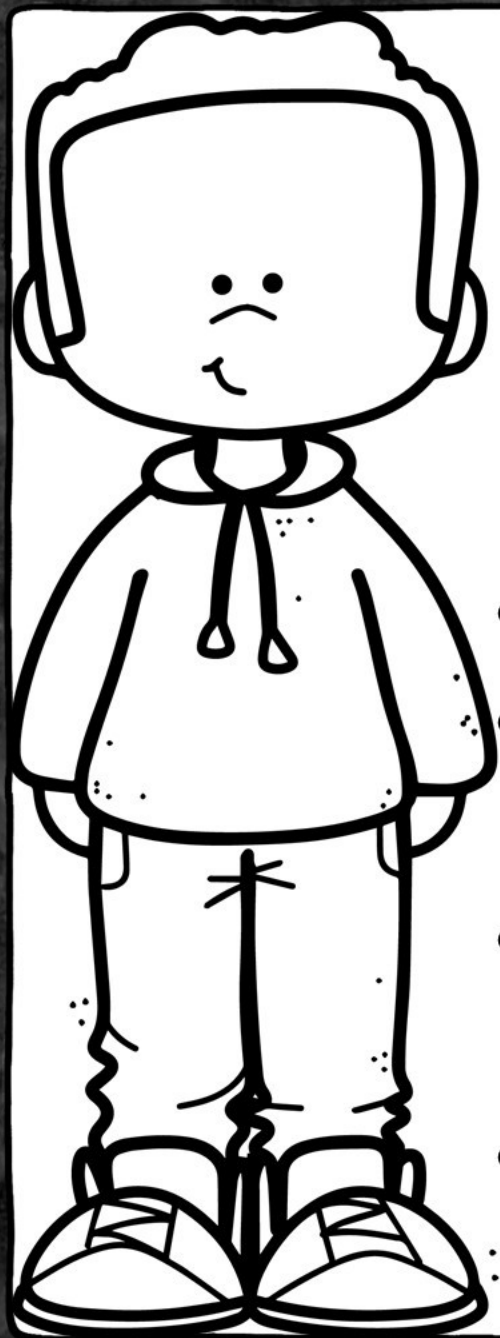
- I cooperate and collaborate with others to accomplish our goals.
- I play fair and follow the rules.
- I solve problems in a calm, kind, and peaceful way.
- I listen respectfully to others' ideas.
- My teammates can count on me to try my best.



JUSTICE

"If you want peace, work for justice." — Pope Paul VI

- I do what is right, not what is easy or popular.
- I play fair and follow the rules.
- I am a loyal friend.
- I am an upstander who stands up to bullying.
- I have strong morals.



GRIT

“Grit is the stubborn refusal to quit.” — Jonah Lehrer

- I have grit...I won't quit!
- I am brave, bold, courageous, and strong.
- I do whatever it takes to get the job done.
- I take responsibility for my words, choices, and actions.

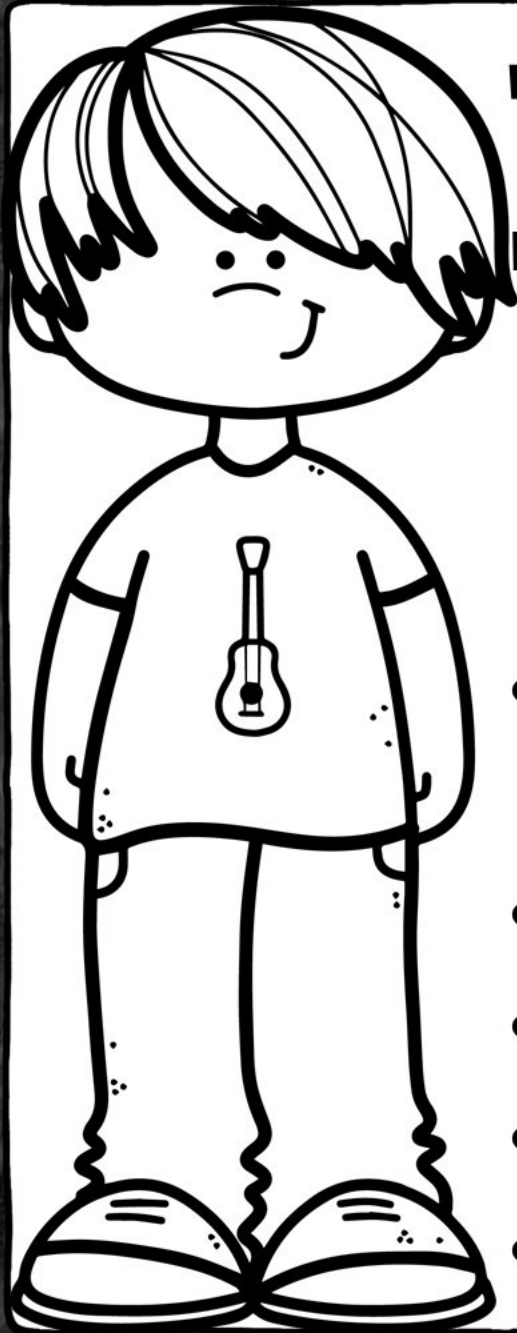
**Core
Value**



RESILIENCY

"I can be changed by what happened to me. But I refuse to be reduced by it." – Maya Angelou

- I learn from my mistakes and try harder next time.
- I am tough and brave.
- I know that it is okay to cry and that talking about my feelings helps me feel better.
- When I fall, I pick myself right back up.



INTEGRITY

“Integrity is doing the right thing even when no one is watching.”

— C.S. Lewis

- Others can always count on me to make good choices.
- I stand up for what I believe in.
- I am reliable and dependable.
- I am kind, loving, and caring to others.
- I am honest and trustworthy.

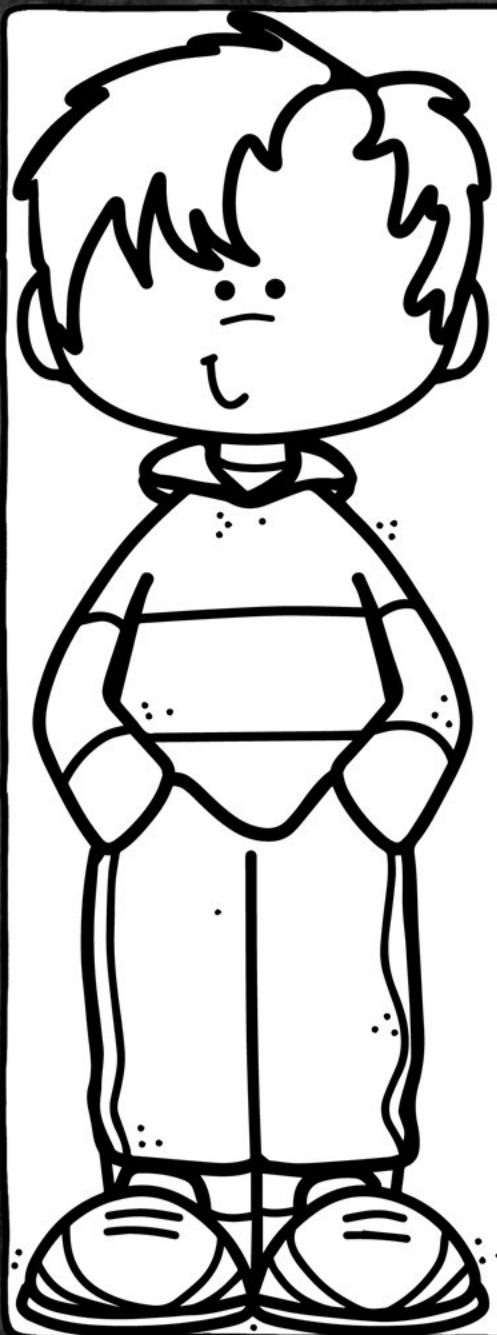


TENACITY

"I've failed over and over again in my life. And that is why I succeed."

– Michael Jordan

- I never give up. I just won't quit!
- I keep trying and trying until I succeed.
- I know that practice makes perfect.
- I know that making mistakes is part of life and I try my best to learn from them.



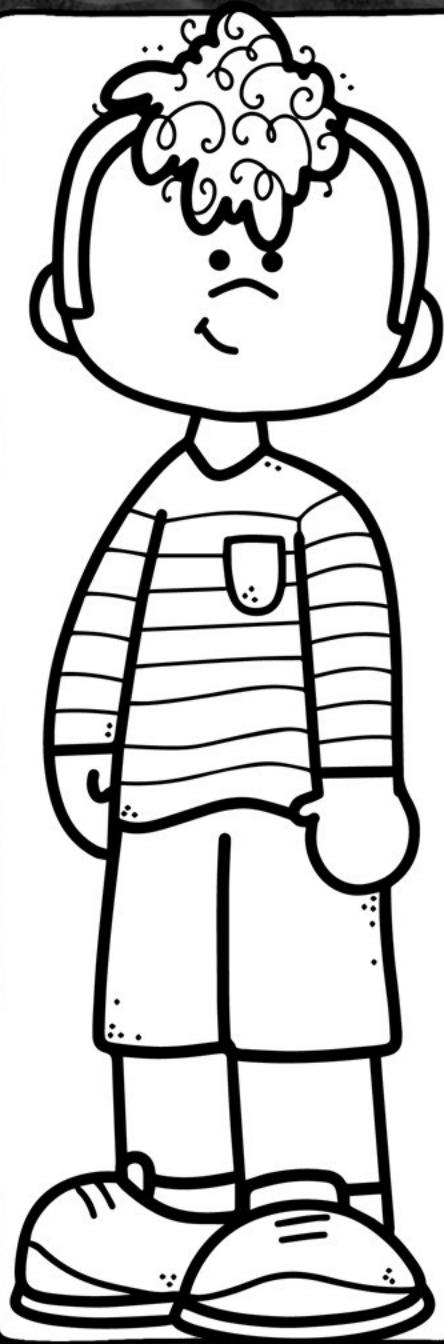
COURAGE

"All of your dreams can come true if you have the courage to pursue them."

— Walt Disney

- I am courageous and strong.
- I do what is right — not what is popular.
- I know that trying new things helps me learn.
- I am ready to move onto the next grade!
- I am an upstander who stands up to bullying.

**Core
Value**



PATIENCE

“All good things come to those who wait.” – Paullina Simons

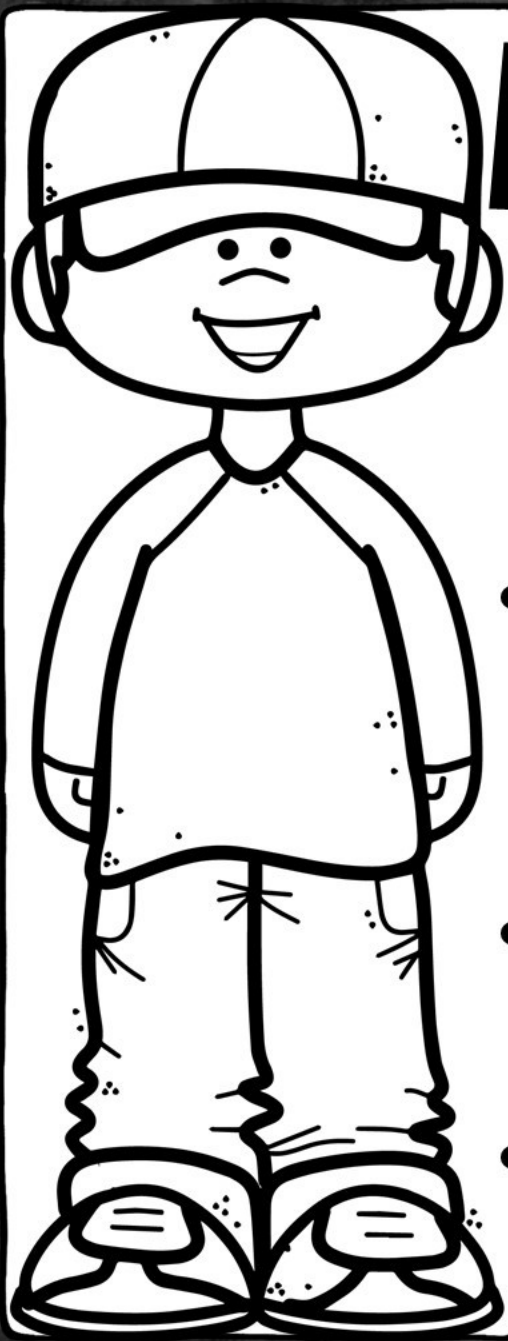
- I take turns and wait peacefully for my turn.
- I stay calm when I am faced with problems or challenges.
- I do not complain.
- I let others go first.
- I keep a positive attitude while I wait.



MOTIVATION

“A little progress each day adds up to big results.” – Satya Nani

- I try my best every day.
- I never give up.
- I know that making mistakes is how I learn.
- I set goals and work hard to achieve them.
- I have big dreams for my future!

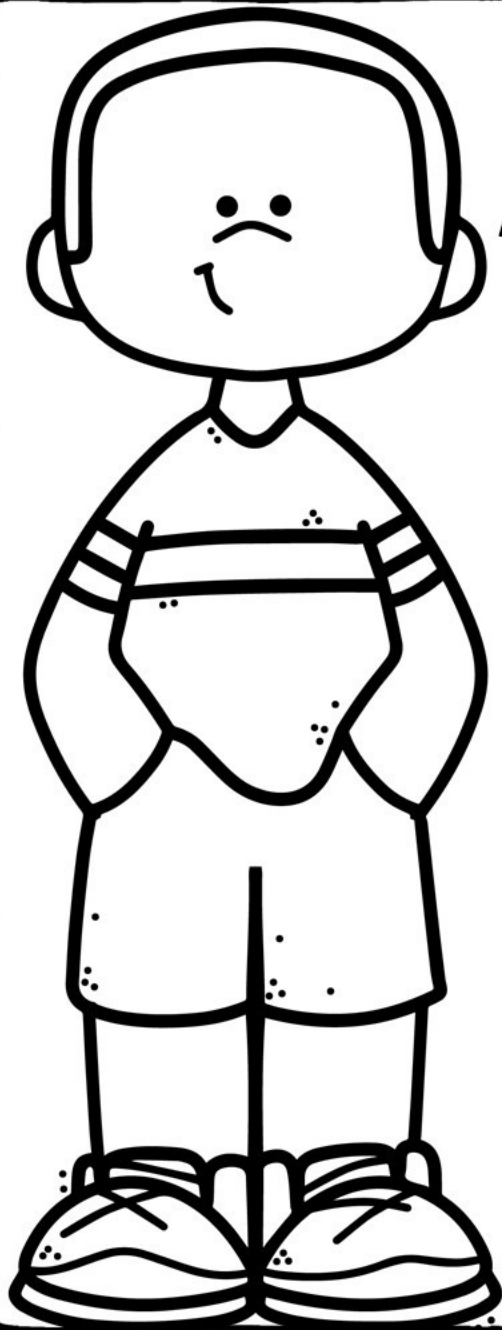


MINDFULNESS

“Be happy in the moment, that’s enough. Each moment is all we need, not more.” – Mother Teresa

- I notice what is happening right now. I pay attention to my five senses, thoughts, and feelings.
- I know that there is no right or wrong way to feel in this moment.
- I can practice deep breathing, yoga, or meditation to help me relax.

**10 BONUS
POSTERS!**



ACCEPTANCE

“Strength lies in differences, not in similarities.” – Stephen Covey

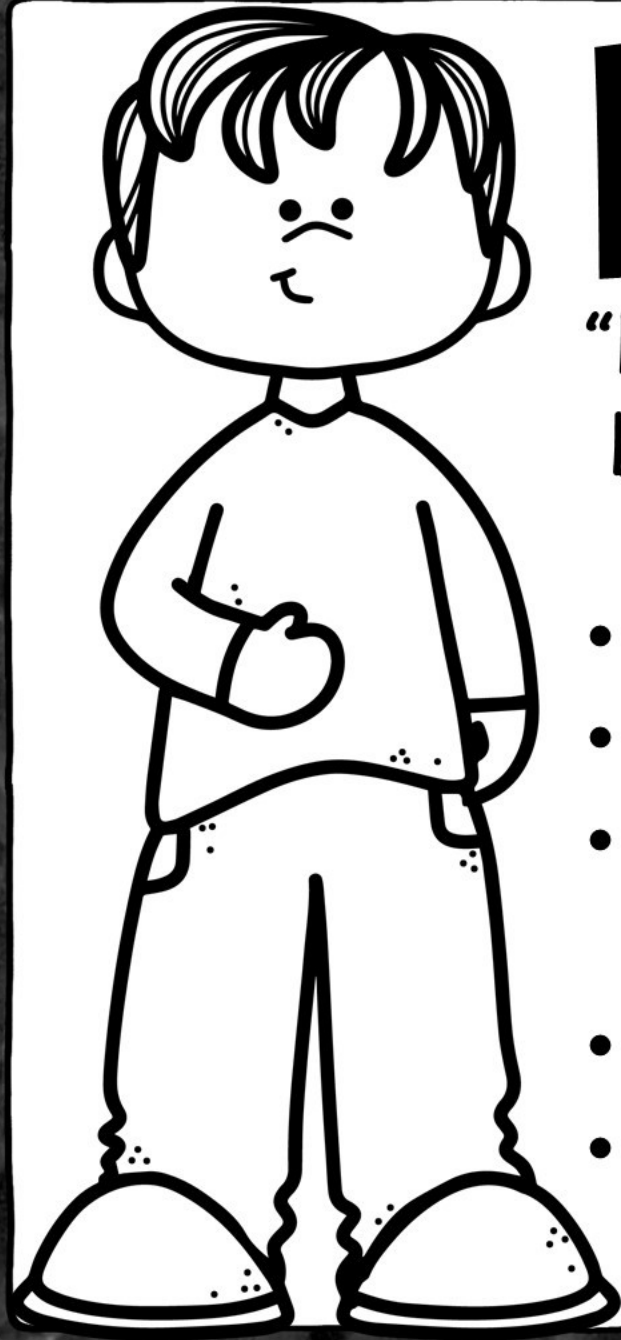
- I have an open mind.
- I love others for who they are.
- I see the best in others.
- I appreciate different cultures, religions, beliefs, and backgrounds.
- I understand that our differences make us special, valuable, and unique.



PERSEVERANCE

“It always seems impossible until it’s done.” – Nelson Mandela

- I never give up. I just won’t quit!
- I keep trying and trying until I succeed.
- I know that practice makes perfect.
- I know that making mistakes is part of life and I try my best to learn from them.
- I put in my best effort always.



BRAVERY

*"Bravery is not the absence of fear,
but the action in the face of fear."*

— Mark Messier

- I am courageous and strong.
- I listen to my heart.
- I stay true to myself and my values. I speak my mind.
- Trying new things helps me grow.
- I am an upstander who stands up to bullying.



ASSERTIVENESS

*“There’s boldness in being assertive;
there’s strength in confidence.”*

— Bryan Cranston

- I am brave, strong, and confident.
- I actively listen to others and am open and honest with them.
- I stand up for myself and my beliefs.
- I understand that it’s okay to say “no.”
- I stay calm in tough situations.
- I solve problems and conflicts with others peacefully.

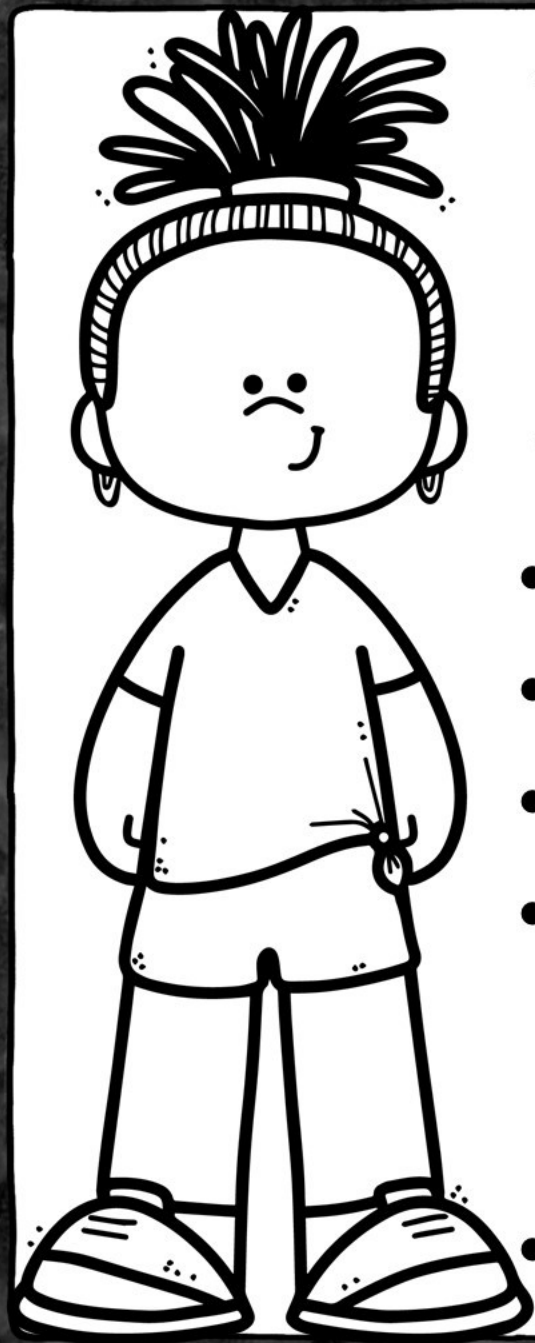


OPTIMISM

“Always believe that something wonderful is about to happen.”

– Coco Chanel

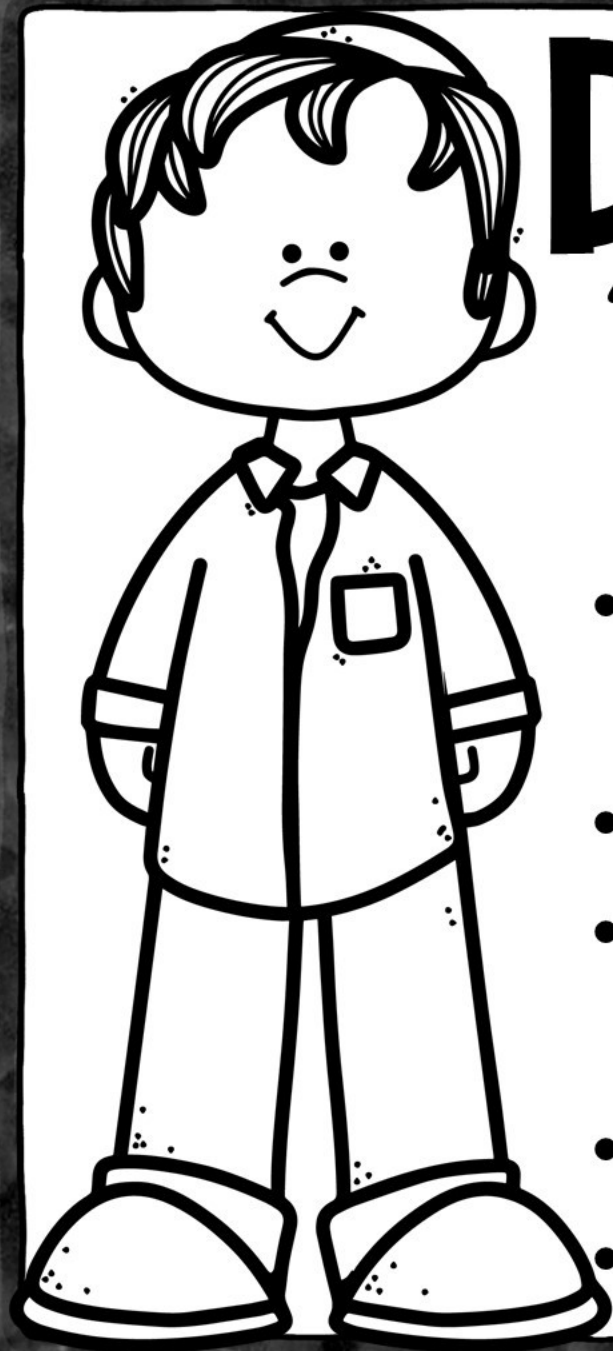
- I look on the bright side and reflect on what I did well today.
- I take time to notice the good things that happen throughout the day.
- I try to find the “silver lining” in tough situations.
- I focus on what I CAN do, not on what I cannot do.



INITIATIVE

“Initiative is doing the right thing without being told.” – Victor Hugo

- I am a leader.
- I am a self-starter.
- I do what it takes to get the job done.
- I am responsible, reliable, and dependable. Others know they can count on me!
- I am motivated and energetic.

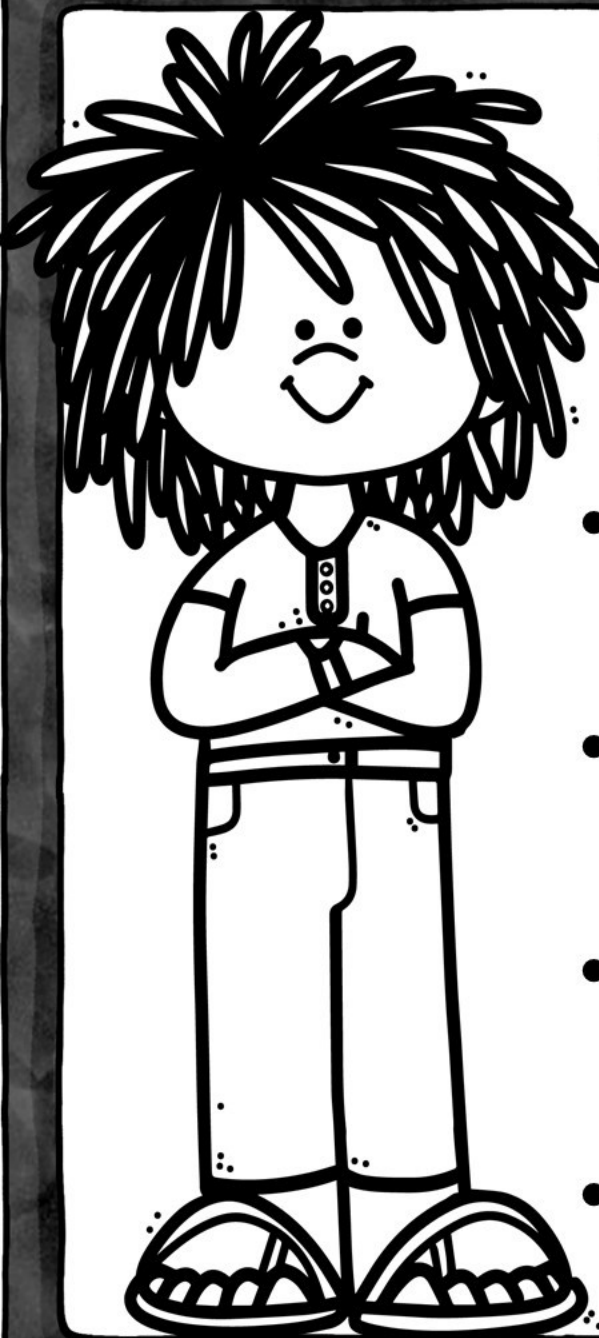


DILIGENCE

“What we hope to do with ease, we must first do with diligence.”

— Samuel Johnson

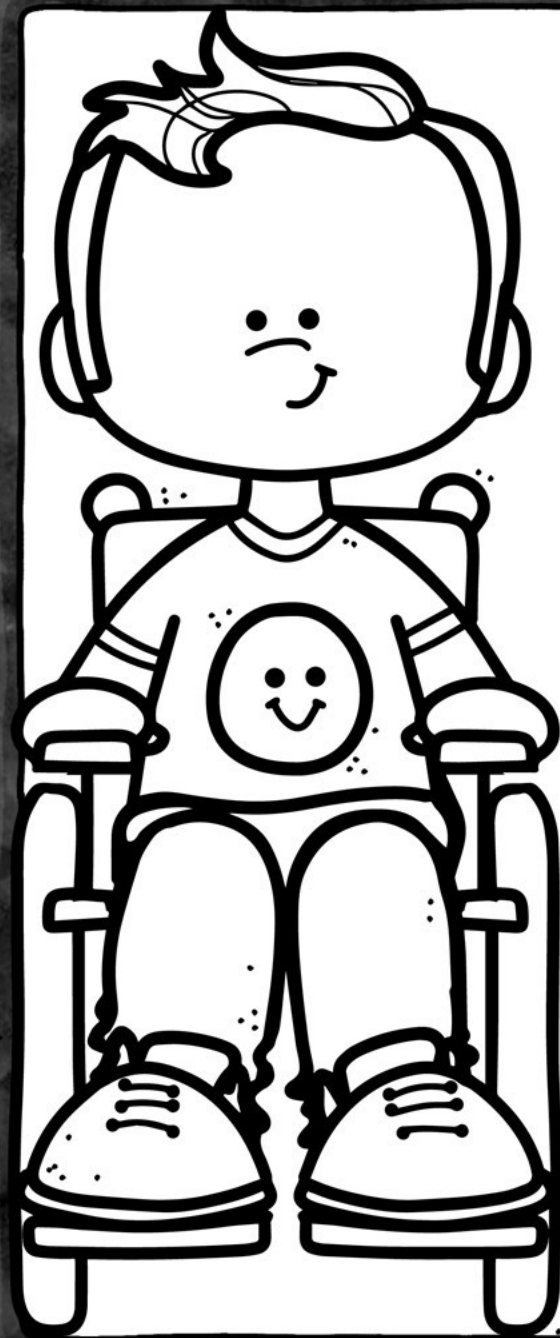
- I persevere and keep trying until the job is done.
- I am careful and thoughtful.
- I am a hard worker and always put in my best effort.
- I pay attention to details.
- I know that practice makes perfect.



DETERMINATION

"I can. I will. End of story!"

- I set goals for myself and do whatever it takes to achieve them.
- I never give up, even when faced with challenges.
- Even when others don't believe in me, I believe in myself and keep on going.
- I am a problem-solver.



SELF-DISCIPLINE

"Motivation gets you going, but discipline keeps you growing." – John C. Maxwell

- I control my feelings so I can make good choices.
- When I'm angry or frustrated, I take deep breaths and count to 10 to calm down.
- I keep my hands and feet to myself.
- I use kind words.



EFFORT

“Don’t tell people your dreams. Show them!” – Kelsey MacLean

- I try my best in everything I do.
- I understand that mistakes help me learn and the more I practice the better I’ll get!
- I set goals for myself and do whatever it takes to achieve them.
- I believe in myself and know that I am special, smart, and important!