

**Character Education** - 'Character is who you are. It is what makes you, you. It is what you believe in and how you act with others and when on your own. It is your values and your virtues.' At Trinity High School we prioritise the development of your character as we believe it equips you with the tools required to make good decisions at school and beyond.

## Home learning activities to support character development.

<h3 style="text-align: center;">Intellectual Virtues</h3> <p style="text-align: center;">Character traits necessary for discernment, right action and the pursuit of knowledge truth and understanding</p>	<h3 style="text-align: center;">Moral Virtues</h3> <p style="text-align: center;">Character traits that enable us to act well in situations that require ethical response</p>	<h3 style="text-align: center;">Civic Virtues</h3> <p style="text-align: center;">Character traits that are necessary for engaged responsible citizenship, contributing to the common good</p>	<h3 style="text-align: center;">Performance Virtues</h3> <p style="text-align: center;">Character traits that have an instrumental value in enabling the intellectual, moral and civic virtues</p>
<p style="text-align: center;">Autonomy, critical thinking curiosity, judgement, reasoning, reflection, resourcefulness</p>	<p style="text-align: center;">Compassion, courage, gratitude, honesty, humility, integrity, justice, respect</p>	<p style="text-align: center;">Citizenship, civility, community awareness, neighbourliness, service, volunteering</p>	<p style="text-align: center;">Confidence, determination, motivation, perseverance, resilience, teamwork</p>
<h3 style="text-align: center;">Activities</h3>	<h3 style="text-align: center;">Activities</h3>	<h3 style="text-align: center;">Activities</h3>	<h3 style="text-align: center;">Activities</h3>
<ul style="list-style-type: none"> <li>• Look up a subject your are currently studying, research and read around the subject – take 3 new pieces of information to your next lesson</li> <li>• Find a website, podcast, YouTube clip, Tik Tok clip on a subject you are studying, write a review of the resource to share with your class</li> <li>• <a href="https://www.bbc.co.uk/bitesize/secondary">https://www.bbc.co.uk/bitesize/secondary</a> get up to date with your subjects</li> <li>• Year 9 read about the subjects you think you want to study next year</li> </ul>	<ul style="list-style-type: none"> <li>• What does it mean to go on strike?</li> <li>• <a href="https://www.gov.uk/industrial-action-strikes">https://www.gov.uk/industrial-action-strikes</a> read about strike action, what is the law, why are strikes called, what is the impact?</li> <li>• A number of professions are striking, find out why, what is the cause they are striking for?</li> <li>• <a href="https://www.bbc.co.uk/news/health-63561305">https://www.bbc.co.uk/news/health-63561305</a></li> <li>• <a href="https://www.politicshome.com/news/article/everything-you-need-to-know-about-the-junior-doctors-strike-ballot">https://www.politicshome.com/news/article/everything-you-need-to-know-about-the-junior-doctors-strike-ballot</a></li> <li>• <a href="https://www.theguardian.com/news/audio/2022/dec/08/why-are-so-many-workers-going-on-strike-uk-podcast">https://www.theguardian.com/news/audio/2022/dec/08/why-are-so-many-workers-going-on-strike-uk-podcast</a></li> </ul>	<p>Use your bonus time to volunteer</p> <ul style="list-style-type: none"> <li>• Complete some chores to support your parents/carers</li> <li>• Help to care for siblings, younger family members, read a book with them, play a game for 30 minutes, help make lunch or a snack, complete a craft activity</li> <li>• Check in on an elderly member of your community (if you already know them), do they need a simple errand run, such as picking up some shopping, posting a letter, help using technology</li> <li>• Conduct yourself in a way that improves your community for the day</li> </ul>	<p>Take some time to improve your mental wellbeing to support your mental performance</p> <ul style="list-style-type: none"> <li>• <a href="https://www.mindfulnessforteens.com/guided-meditations">https://www.mindfulnessforteens.com/guided-meditations</a></li> <li>• <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a></li> <li>• <a href="https://www.headspace.com/teens">https://www.headspace.com/teens</a></li> </ul> <p>Develop your confidence by embracing 'you!'</p> <ul style="list-style-type: none"> <li>• <a href="https://riseabove.org.uk/topic/bodytalk/">https://riseabove.org.uk/topic/bodytalk/</a></li> <li>• <a href="https://www.youngminds.org.uk/young-person/coping-with-life/body-image/">https://www.youngminds.org.uk/young-person/coping-with-life/body-image/</a></li> </ul> <p>Motivation Motivate yourself to try something new, get physically active <a href="https://www.youtube.com/watch?v=GB9oSPu000A">https://www.youtube.com/watch?v=GB9oSPu000A</a></p>



**Bring in evidence of activities and receive positive Bromcom points**

