

Diamond power...the ability to solve your own problems

- Noticing that there is a problem to solve
- Taking responsibility
- Being organised and independent
- Identifying resources to help
- Seeking solutions
- Differentiating between problems that can be solved alone and those that need adult help



Sapphire Power...the ability to stay focussed and control monster distractions

- Manage distractions
- Listening
- Focus
- Avoid procrastination
- Know what is the most important thing in each moment



Emerald Power...the ability to manage emotions and bounce back

- Emotional intelligence
- Showing resilience
- Manage disappointment
- Bouncebackability
- Strategies to stay in control of emotions e.g. anger



Ruby Power...being aware of others and how what you do or say, might make them feel

- Listen
- Smile
- Supporting others
- Acts of kindness
- Kind talk
- Respectful and tolerant
- Having empathy



Gem Powers

Amethyst Power...the ability to collaborate and cooperate

- Cooperate
- Collaborate
- Sharing ideas
- Taking turns



Pearl Power...the ability to find connections between areas of learning

- Find connections
- Make links
- See patterns
- Pearls of wisdom...



Grit...the ability to engage with practise and to give maximum effort

- Practise
- Have grit
- Have goals
- Show commitment
- Show determination



Topaz Power...the ability to

- control your voice
- use full sentences
- speak formally
- use excellent grammar when talking
- use appropriate grammar
- agree or disagree with thought
- ask a range of questions

