



Castle View Academy
The best in everyone™
Part of United Learning

Character Education Pupil Passport

Name: _____

Tutor: _____

Welcome to your Character Education Passport

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[Visit the Education with Character page on our Castle
View Academy Website](#)

Welcome to your Character Pupil Passport

‘Crisis doesn’t create character, it reveals it’

We are an Academy of Character and Excellence. We provide a unique and extraordinary experience that sets us apart: locally, nationally and internationally. We give opportunities to develop the character of our pupils no matter what the circumstances. We have created the character passport and have developed a full range of assemblies, TED talks, enrichment activities, leadership opportunities and Character lessons to continue to develop you into well-rounded individuals in these extraordinary times.

You will use this passport to keep track of all your character development. Every time you complete one of the Character activities, it should be logged in your passport. You should also use the table on the next page to tick off each activity and track your progress towards your bronze, silver and gold Character certification levels. Don’t forget to sign off on your pupil passport when completed and get your parent/carer to do so as well!

<h2>Character Values</h2>			
Civic Values	Intellectual Values	Moral Values	Performance Values
<ul style="list-style-type: none"> • Service • Neighbourliness • Citizenship • Community awareness • Volunteering • Social justice 	<ul style="list-style-type: none"> • Reflection • Focus • Critical thinking • Reason and judgement • Curiosity • Resourcefulness • Open-mindedness • Wisdom • Creativity 	<ul style="list-style-type: none"> • Courage • Compassion • Gratitude • Justice • Honesty • Humility • Modesty • Self-discipline • Tolerance • Integrity • Friendliness • Respect • Trust 	<ul style="list-style-type: none"> • Resilience • Perseverance • Determination • Leadership • Teamwork • Confidence • Motivation • Ambition • Problem-solving • Communication

Within this Character Passport, you will be asked to reflect on how the activities have developed your character, or which values were referred to. You can find a full list of Character Values in the table above.

Character Certification Levels

Assembly	1	2	3	4	5	6	7	8	9	10	11	12
My Aspire	All Survey/ Quizzes completed.											
Enrichment activity	1	2	3	4	5	6	7	8				
Leadership Opportunity	1	2	3	4	5	6	7	8	9	10	11	
TED TALK	1	2	3	4	5	6	7	8	9	10	11	12

Passport Sign-off

Gold Level Requirements:

- All assemblies watched
- 8 Enrichment Opportunities taken
- 11 Leadership Opportunities taken
- 12 TED talk reflections

Rewarded with the following:

- Gold Lapel Badge
- Gold Certificate
- Letter of commendation



Silver Level Requirements:

- All assemblies watched
- 5 Enrichment Opportunities taken
- 6 Leadership Opportunities taken
- 7 TED talk reflections

Rewarded with the following:

- Silver Lapel Badge
- Silver Certificate
- Letter of commendation



Bronze Level Requirements:

- All assemblies watched
- 3 Enrichment Opportunities taken
- 3 Leadership Opportunities taken
- 3 TED talk reflection

Rewarded with the following:

- Bronze Lapel Badge
- Bronze Certificate
- Letter of commendation



Character Education Assembly Reflections

Which assemblies have you viewed? List which member of staff delivered each one and what the focus of their assembly was.

Inappropriate Behaviour	Ambition (Mrs Fox)
Sugar Awareness	
Mental Health and Creativity	
Advent	
Slavery oppression and Cruelty	
Staying Safe Online	
Determination... MLK	
Kindness (Created April 2020)	

3-2-1 Character Reflection – Anti Bullying – Kindness

3	List 3 interesting facts about the Character Value you have explored. 1. 2. 3.
2	Explain in 2 sentences why the Character Value explored is important to help you. 1. 2.
1	What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)? 1.

3-2-1 Character Reflection – Safety Online -Kindness

3	List 3 interesting facts about the Character Value you have explored. 1. 2. 3.
2	Explain in 2 sentences why the Character Value explored is important to help you. 1. 2.
1	What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)? 1.

3-2-1 Character Reflection – Slavery – Human Trafficking – Hope – determination

3

List **3** interesting facts about the Character Value you have explored.

- 1.
- 2.
- 3.

2

Explain in **2** sentences why the Character Value explored is important to help you.

- 1.
- 2.

1

What is **1** way you could apply the Character Value explored to change your world (home, community, school, country)?

- 1.

3-2-1 Character Reflection – Advent – Caring

3

List **3** interesting facts about the Character Value you have explored.

- 1.
- 2.
- 3.

2

Explain in **2** sentences why the Character Value explored is important to help you.

- 1.
- 2.

1

What is **1** way you could apply the Character Value explored to change your world (home, community, school, country)?

- 1.

3-2-1 Character Reflection -

3	List 3 interesting facts about the Character Value you have explored. 1. 2. 3.
2	Explain in 2 sentences why the Character Value explored is important to help you. 1. 2.
1	What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)? 1.

3-2-1 Character Reflection

3	List 3 interesting facts about the Character Value you have explored. 1. 2. 3.
2	Explain in 2 sentences why the Character Value explored is important to help you. 1. 2.
1	What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)? 1.

3-2-1 Character Reflection - Integrity

3

List 3 interesting facts about the Character Value you have explored.

- 1.
- 2.
- 3.

2

Explain in 2 sentences why the Character Value explored is important to help you.

- 1.
- 2.

1

What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)?

- 1.

3-2-1 Character Reflection - Kindness

3

List 3 interesting facts about the Character Value you have explored.

- 1.
- 2.
- 3.

2

Explain in 2 sentences why the Character Value explored is important to help you.

- 1.
- 2.

1

What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)?

- 1.

3-2-1 Character Reflection - Motivation

3	List 3 interesting facts about the Character Value you have explored. 1. 2. 3.
2	Explain in 2 sentences why the Character Value explored is important to help you. 1. 2.
1	What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)? 1.

3-2-1 Character Reflection - Optimism

3	List 3 interesting facts about the Character Value you have explored. 1. 2. 3.
2	Explain in 2 sentences why the Character Value explored is important to help you. 1. 2.
1	What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)? 1.

3-2-1 Character Reflection - Resilience

3	List 3 interesting facts about the Character Value you have explored. 1. 2. 3.
2	Explain in 2 sentences why the Character Value explored is important to help you. 1. 2.
1	What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)? 1.

3-2-1 Character Reflection - Tolerance

3	List 3 interesting facts about the Character Value you have explored. 1. 2. 3.
2	Explain in 2 sentences why the Character Value explored is important to help you. 1. 2.
1	What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)? 1.

Enrichment Opportunities

In place of these clubs during the lockdown, Prefects have created a series of 'Challenges'. There is also a depth of understanding from the following links – please use both to record your enrichment diary @ Home.

These are on reflection of the surveys you undertook in the online platform 'Aspire' prior to the lockdown – so they follow the ethos of 'You said, we did...'

<https://www.bbc.co.uk/bitesize/guides/z94k87h/revision/1> - Looking after your finances

Being aware of your financial situation can take many forms - from working out wages, and any tax you need to pay, to choosing the best mobile phone contract.

<https://www.childline.org.uk/toolbox/calm-zone/> - Supporting mental health - There are lots of ways to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/?tabname=food-and-diet> – STAY HEALTHY – Use this link to find out more about how best to stay healthy. – CHALLENGE [YOURSELF HERE](#)

Creativity – 84% of students wanted more chance for Creativity – [HERE](#) is the Collage challenge. (1 hour of collage making fun)

Creativity – make your own kaleidoscope – 20 minutes - [HERE](#)

Challenges

- 1. THE CASTLE VIEW BAKE OFF** Castle View are doing a bake off. As most of us can't be in school, we can't have a taste-testing bake off. Instead, we are doing a cake design competition. This means you can still make a cake (or buy a plain one) and decorate it. The winner will get 15 Epraise points, second will get 10, third will get 5 and everyone who participated will get 2. Every week there will be a theme. It will be like Bake Off on TV. When it reaches half term, the person with the most points will win a prize. **This competition will be judged by Mrs Nutland. This will start week beginning 25th January.**
- 2. DRAWING COMPETITON** At the school we are doing a drawing competition. Each week, we are going to have a different theme. For instance, week one could be 'around the world'. This competition is weekly and the judge will be Mrs Beck. These will contribute to your Student Passport! **This competition will start 25th January.**
- 3. CASTLE VIEW'S GOT TALENT** This is a talent show that the prefects have thought of. This will be judged by Miss Nutland. You at home can record yourself doing something talented and then send it to Miss Nutland to decide the winner. This will **start week beginning 25th January**. Miss Nutland will pick the winner based on these things: - Performance - Determination - Creativity

For all of the challenges you can email your entry to the relevant teacher, or just submit with your character passport.

You can email the teachers at:

james.webb@castleviewacademy.org.uk

katrina.nutland@castleviewacdemy.org.uk

eliza.beck@casteviewacademy.org.uk

After School Sessions when we return to school:

Day/Week Number	Staff Lead	Enrichment	Description	Character Values Developed
Mon 1	Yr 8 Boys Dance	Miss Nutland	Explore the more physical side of Dance, using street and contemporary styles	Critical Thinking, Curiosity, Gratitude, Honesty, Integrity, Reason and Judgement, Reflection.
Mon 1	Year 7 Short Tennis	Miss Towler	Students to refine their skills and techniques in short tennis.	Creativity, Critical Thinking, Curiosity, Determination, Motivation, Problem solving, Reflection, Resourcefulness.
Tues 1	Yr 8 Dance Club	Miss Nutland	Work on your own choreography to some of the classics.	Critical Thinking, Curiosity, Gratitude, Honesty, Integrity, Reason and Judgement, Reflection.
Tues 1	Badminton Yr 8	Miss Towler	Refine your Badminton skills and techniques by taking on your peers and teachers.	Creativity, Critical Thinking, Curiosity, Determination, Resourcefulness.
Tues 1	Music Club Yr10	Mr Waldren	Pupils will learn to play Musical instruments.	Creativity, Critical Thinking, Curiosity, Determination, Motivation, Problem solving, Reflection, Resourcefulness.
Wed 1	Film Editing Club	Mr Beck	Students will be making films/ editing to develop their personal creativity. There will be multiple tasks to choose from.	Creativity, Curiosity, Determination, Focus, Motivation, Reflection.
Wed 1	BTEC Dance Support Yr 10	Miss Nutland	Developing Dance knowledge and skills	Creativity, Curiosity, Determination, Focus, Motivation, Reflection
Thursdays	Debating Club and controversial issues Yr9	Miss Loren	Students will be given opportunities to create excellent images using devices such as mobile phone camera	Creativity, Curiosity, Determination, Focus, Motivation, Reflection
Fridays	Italian Club Yr 7	Mr Brown	Learning Italian for beginners.	Critical thinking, Curiosity, Problem solving, Reason and Judgement, Reflection.
Mon 2	Yr 9 Dance	Miss Nutland	This is a continuation of the learning in lessons.	Critical Thinking, Curiosity, Gratitude, Honesty, Integrity,

				Reason and Judgement, Reflection.
Mon 2	Badminton Yr 9	Mr Elred	Refine your Badminton skills and techniques by taking on your peers and teachers.	Creativity, Critical Thinking, Curiosity, Determination, Resourcefulness.
Tues 2	Yr 7 Dance	Miss Nutland	Learn a Dance style – varied throughout the year.	Critical Thinking, Curiosity, Gratitude, Honesty, Integrity, Reason and Judgement, Reflection.
Tues 2	Year 9 Short Tennis	Miss Towler	Students to refine their skills and techniques in short tennis.	Creativity, Critical Thinking, Curiosity, Determination, Motivation, Problem solving, Reflection, Resourcefulness.
Tues 2	Music Club Yr10	Miss Hodge	The music practice rooms are open for independent rehearsals in support of their classes.	Creativity, Critical Thinking, Curiosity, Determination, Motivation, Problem solving, Reflection, Resourcefulness.
Wed 2	BTEC Dance Support Yr 10	Miss Nutland	This is a support session where students are able to use the studio independent rehearsals.	Creativity, Curiosity, Determination, Focus, Motivation, Reflection
Wed 2	Football Yr10	Mr Eldred	Test your skills against peers and the teacher.	Creativity, Critical Thinking, Curiosity, Determination, Motivation, Problem solving,
Wed 2	Year 9 Rock Band	Miss Hodge	Want to create your own Rock band come along and find out how all the elements of a Rock Band groove together.	Creativity, Critical Thinking, Curiosity, Determination, Motivation, Problem solving, Reflection, Resourcefulness.
Wed 2	Film Editing Club	Mr Beck	Students will be making films/ editing to develop their personal creativity. There will be multiple tasks to choose from.	Creativity, Curiosity, Determination, Focus, Motivation, Reflection.
Wed 2	Drama	Mrs Reed Birk and Miss Ryall	Students will be making films/ editing to develop their personal creativity. There will be multiple tasks to choose from.	Creativity, Curiosity, Determination, Focus, Motivation, Reflection.

Enrichment Diary

Use the table below to keep a diary of each enrichment club activity you have completed whilst at home. You should try to take as many of these opportunities as possible, remembering that you need to have completed eight in order to achieve Gold level (see *Enrichment at Home, opportunities Page 11*). An example has been done for you.

Date	Which Enrichment Club / activity/ Challenges did you take part in?	Explain what you had to do in this activity, and what you did. (For the CHALLENGES - add a small image of the work if you can)	Which character values did you develop during this task and how? <i>(Character Values are listed on Page 1 of this Pupil Passport)</i>
20/04/20	<i>Film Club</i>	<i>For Film Club we were asked to watch a film and write a review of it using a template given to us. I watched the live-action version of The Lion King. I made this decision as I could compare it to the original. I wrote a review and emailed it back to sir.</i>	<i>Reasoning and Judgement – Within my review, I had to form opinions on the film I watched but then be able to give reasons for my judgements. Critical Thinking – As I had to critique the film, I had to consider which bits I didn't like and how the film could have been improved.</i>

Date	Which Enrichment Club activity did you take part in?	Explain what you had to do in this activity, and what you did.	Which character values did you develop during this task and how? <i>(Character Values are listed on Page 1 of this Pupil Passport)</i>

Date	Which Enrichment Club activity did you take part in?	Explain what you had to do in this activity, and what you did.	Which character values did you develop during this task and how? <i>(Character Values are listed on Page 1 of this Pupil Passport)</i>

Leadership at Home Opportunities

Leadership Opportunity	Description	Character Values Developed
Student Leadership	Leading or Supporting a club Student Leader / Prefect	Ambition, Autonomy, Communication, Confidence, Curiosity, Determination, Friendliness, Motivation, Perseverance, Reflection, Resilience, Self-Discipline, Service.
Household Key Worker - Cleaning	Vacuuming, dusting, cleaning surfaces, etc.	Citizenship, Humility, Motivation, Neighbourliness, Respect, Service, Volunteering.
Skills Teacher	Learn a new skill and teach it to somebody in your home or create an instructional guide.	Ambition, Autonomy, Communication, Confidence, Curiosity, Determination, Friendliness, Motivation, Perseverance, Reflection, Resilience, Self-Discipline, Service.
Gardener	Mowing the lawn, weeding, sweeping, watering plants, etc.	Citizenship, Humility, Motivation, Neighbourliness, Respect, Service, Volunteering.
Youth Worker	Provide childcare for a younger sibling or help them with schoolwork.	Autonomy, Citizenship, Compassion, Friendliness, Integrity, Motivation, Neighbourliness, Perseverance, Resilience, Service, Tolerance, Volunteering.
Quiz Master	Create a quiz which you then lead for your household, or host for friends online.	Autonomy, Citizenship, Confidence, Motivation, Neighbourliness, Service.
Household Key Worker - Washing	Sort, wash and dry your household's laundry.	Citizenship, Humility, Motivation, Neighbourliness, Respect, Service, Volunteering.
Nutritionist	Create a week's food menu, prepare a meal.	Autonomy, Critical Thinking, Citizenship, Humility, Motivation, Neighbourliness, Resourcefulness, Service, Volunteering.
Games Master	Organise a night of games for your household.	Autonomy, Citizenship, Confidence, Motivation, Neighbourliness, Service.
Personal Trainer	Pupils organise a workout schedule for the week, either for themselves, or ideally their household, and lead each day.	Autonomy, Citizenship, Creativity, Critical Thinking, Confidence, Determination, Motivation, Neighbourliness, Reflection, Resilience, Resourcefulness, Self-discipline, Service.
Events Manager	Organise and lead an activity for your household.	Autonomy, Citizenship, Critical Thinking, Confidence, Determination, Motivation, Neighbourliness, Reflection, Service.
Family Support	Call a relative or family friend and check in on them.	Citizenship, Community Awareness, Communication, Compassion, Friendliness, Neighbourliness, Respect, Service, Wisdom

Leadership at Home Diary

Use the table below to keep a diary of each leadership opportunity you took whilst at home. You can do each leadership opportunity more than once, but you should aim to take all eleven that are available (*see Leadership at Home Opportunities, page 17*). An example has been done for you.

Date	Which Leadership Opportunity was taken?	Which character values did you develop during this leadership role and how? (<i>Character Values are listed on Page 1 of this Pupil Passport</i>)
<i>20/04/20</i>	<i>Household Key Worker - Cleaner</i>	<i>Motivation – I had to show motivation to complete the cleaning of the house as it took a long time to do the job well. Volunteering – I don't usually help with the cleaning, but I gave up my own time to make sure that these jobs were done.</i>

Date	Which Leadership Opportunity was taken?	Which character values did you develop during this leadership role and how?

Talks – Descriptions and Links (World Around us)

You asked for more regarding world events and current affairs – talks below support this understanding)

TALK	SYNOPSIS	LINK	VALUES EXPLORED
Sophal Ear – Escaping the Khmer Rouge	TED Fellow Sophal Ear shares the compelling story of his family's escape from Cambodia under the rule of the Khmer Rouge. He recounts his mother's cunning and determination to save her children.	https://www.ted.com/talks/sophal_ear_escaping_the_khmer_rouge#t-341586	Determination
Organising yourself	Being able to focus on important tasks is essential – click on this link to find out how you can best organise yourself during this period.	HERE	Organisation
Ben Saunders – To the South Pole and Back: The hardest 105 days of my life	This year, explorer Ben Saunders attempted his most ambitious trek yet. He set out to complete Captain Robert Falcon Scott's failed 1912 polar expedition – a four-month, 1,800-mile round trip journey from the edge of Antarctica to the South Pole and back. In the first talk given after his adventure, just five weeks after his return, Saunders offers a raw, honest look at this "hubris"-tinged mission that brought him to the most difficult decision of his life.	https://www.ted.com/talks/ben_saunders_to_the_south_pole_and_back_the_hardest_105_days_of_my_life#t1008334	Ambition and Determination
Diana Nyad – Never, ever give up	In the pitch-black night, stung by jellyfish, choking on saltwater, singing to herself, hallucinating ... Diana Nyad just kept on swimming. And that's how she finally achieved her lifetime goal as an athlete: an extreme 100-mile swim from Cuba to Florida -- at age 64. Hear her story.	https://www.ted.com/talks/diana_nyad_never_ever_give_up#t918954	Ambition, Determination, Perseverance and Resilience
Simon Sinek – How Great Leaders Inspire Action	Simon Sinek has a simple but powerful model for inspirational leadership -- starting with a golden circle and the question: "Why?" His examples include Apple, Martin Luther King Jr. and the Wright brothers ...	https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action#t-1065511	Leadership and Motivation
Tim Urban – Inside the mind of a Master Procrastinator	Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In this hilarious and insightful talk, Urban takes us on a journey through YouTube binges, Wikipedia rabbit holes and bouts of staring out the window -- and encourages us to think harder about what we're really procrastinating on, before we run out of time.	https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator#t829623	Ambition, Motivation, Self-discipline

<p>Andy Puddicombe – All it Takes is 10 Mindful Minutes</p>	<p>When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.)</p>	<p>https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes#t-543237</p>	<p>Focus, Reflection</p>
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TALK	SYNOPSIS	LINK	VALUES EXPLORED
<p>Megan Phelps Roper – I grew up in the Westboro Baptist Church. Here’s why I left</p>	<p>What's it like to grow up within a group of people who exult in demonizing ... everyone else? Megan Phelps-Roper shares details of life inside America's most controversial church and describes how conversations on Twitter were key to her decision to leave it. In this extraordinary talk, she shares her personal experience of extreme polarization, along with some sharp ways we can learn to successfully engage across ideological lines.</p>	<p>https://www.ted.com/talks/megan_phelps_roper_i_grew_up_in_the_westboro_baptist_church_here_s_why_i_left#t-283069</p>	<p>Compassion, Integrity, Respect and Tolerance</p>
<p>Ric Elias – 3 things I learned while my plane crashed</p>	<p>Ric Elias had a front-row seat on Flight 1549, the plane that crash-landed in the Hudson River in New York in January 2009. What went through his mind as the doomed plane went down? At TED, he tells his story publicly for the first time.</p>	<p>https://www.ted.com/talks/ric_elias_3_things_i_learned_while_my_plane_crashed#t271413</p>	<p>Gratitude, Reflection and Wisdom</p>
<p>France Villarta – The gender-fluid history of the Philippines</p>	<p>In much of the world, gender is viewed as binary: man or woman, each assigned characteristics and traits designated by biological sex. But that's not the case everywhere, says France Villarta. In a talk that's part cultural love letter, part history lesson, he details the legacy of gender fluidity and inclusivity in his native Philippines -- and emphasizes the universal beauty of all people, regardless of society's labels.</p>	<p>https://www.ted.com/talks/france_villarta_the_gender_fluid_history_of_the_philippines</p>	<p>Community Awareness, Open-mindedness and Tolerance</p>
<p>Ash Beckham – When to take a stand – and when to let it go</p>	<p>Ash Beckham recently found herself in a situation that made her ask: who am I? She felt pulled between two roles — as an aunt and as an advocate. Each of us feels this struggle sometimes, she says - and offers bold suggestions for how to stand up for your moral integrity when it isn't convenient.</p>	<p>https://www.ted.com/talks/ash_beckham_when_to_take_a_stand_and_when_to_let_it_go/up-next</p>	<p>Compassion, Integrity, Openmindedness, and Tolerance</p>

<p>Laurence Lewars - Questions Every Teenager Needs to Be Asked</p>	<p>The world is not a fair place and not everyone gets to live out their dreams, but should this stop us from dreaming? Early on teenagers have their dreams beaten out of them by life. This talk attempts to revive this lost dream in teenagers across the world As a student with a very diverse ethnic background, Laurence is a true embodiment of the international nature of Dhahran High School - where he is now a junior. He is a leader in his school's Model United Nations Club as well as a member of his school's student council.</p>	<p>https://www.youtube.com/watch?v=NEgoEgonx3U</p>	<p>Ambition and Self-reflection</p>
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Talks – Further Current Affairs discussions – generated via your ‘Aspire’ requests (Y 7-9) (You Said/ We Did)

Name	Description	Resource type	Development area(s)	Topic(s)
<p>Animal Care Careers</p>	<p>Learn about the different career options in Animal Care, and how to get into them</p>	<p>Article; Search Tool</p>	<p>Career Option</p>	<p>Animal Care</p>
<p>Anna Freud - On My Mind</p>	<p>On My Mind is co-produced by young people to help other young people through a list of services which offer wellbeing support or urgent help. It also offers information about helping others with mental and emotional health and wellbeing, strategies for self-care, and more.</p>	<p>Article; Search Tool</p>	<p>Characteristic; Knowledge; Wellbeing</p>	<p>Calmness; Kindness and compassion; Mental and emotional wellbeing; Patience; Self-awareness; Staying safe; Rest; Someone to talk to</p>
<p>AsapScience: Getting Better Sleep</p>	<p>Video explaining what you should do before bed to increase your chances of falling asleep more quickly, and getting better quality of sleep</p>	<p>Video</p>	<p>Wellbeing</p>	<p>Staying healthy: Lifestyle, diet, and assessing risks; Rest</p>
<p>BBC - David Attenborough Documentaries</p>	<p>Documentaries about nature, from plants and animals to oceans and mountains. TV license needed.</p>	<p>Video</p>	<p>Knowledge</p>	<p>The Environment</p>
<p>BBC Bitesize - Becoming a Pharmacist</p>	<p>Video and article about becoming a pharmacist, covering role, lifestyle, training, salary, and more</p>	<p>Article; Video</p>	<p>Career Option</p>	<p>Healthcare</p>
<p>MIT - Scratch</p>	<p>Scratch is an easy-to-use tool for creating animations and games, which will teach you to program at the same time!</p>	<p>Game/Quiz; Other</p>	<p>Career option</p>	<p>Creativity; Computing and Technology</p>

<u>I Will</u>	I Will offers opportunities to get involved with volunteering and make a positive impact, both locally and nationally.	Other	Skill; Characteristic	Charity and voluntary work; Self-development; Teamwork; Communication; Problem solving; Resilience; Leadership; Getting on with others
<u>BBC Newsround</u>	All the news you need to know about, written and designed for young people	Lots!; Article; Video; Game/Quiz	Characteristic; Knowledge; Skill	Politics and public service; Openness and tolerance; Current affairs; British Politics, Society and Values; Media Literacy and critical thinking; Different cultures, beliefs and opinions; Comprehension
<u>Gap Minder</u>	Learn about important global issues and statistics such as poverty, climate change and global health through engaging videos and games.	Lots!; Article; Video; Game/Quiz	Characteristic; Knowledge; Skill	Kindness and compassion; Openness and tolerance; Respectfulness and manners; The environment; British Politics, Society and Values; Media Literacy and critical thinking; Different cultures, beliefs and opinions; Comprehension
<u>CBBC - Staying Safe Online</u>	Some suggestions of things to bear in mind when you're using the internet, from online friendships to your digital footprint	Article	Knowledge	Staying safe; Digital Life

<u>Construction Apprenticeships</u>	Learn about the different types and providers of Construction apprenticeships, what they involve, and how to apply for one	Article; Search Tool	Career option	Apprenticeship; Property, construction and architecture
<u>Draw More Bootcamp</u>	Free online course for anyone who wants to learn to draw!	Other	Skill	Creativity
<u>Exercise for Wellbeing</u>	Exercise doesn't just benefit your physical health. This article, written by young people for young people, explains how exercise can be beneficial to your mental and emotional wellbeing as well.	Article; Video	Knowledge; Skill	Mental and emotional wellbeing; Staying healthy: Lifestyle, diet, and assessing risks; Sports and fitness
<u>Generation Lockdown</u>	A writing competition in which writers aged 7-17 share stories of life in lockdown. These are then judged by a published author, with the best entries being published in a book!	Game/Quiz; Other	Skill; Characteristic	Self-development; Creativity; Comprehension; Communication; Ambition;
<u>Goal Setting</u>	This article, written by young people for young people, explains how goal setting goals each day can help you feel happier and more organised.	Article; Video	Skill; Characteristic	Mental and emotional wellbeing; Self-development; Organisation; Ambition; Persistence
<u>How to be an Entrepreneur</u>	Video suggesting a good starting point for thinking about business ideas	Video	Career Option	Start a Company
<u>How to Stay Calm Under Pressure</u>	Video explaining why we "choke" under pressure, and how to remain calm when you're nervous	Video	Skill	Calmness; Self-Development
<u>The Kid Should See This</u>	A collection of smart, interesting videos designed for audiences of all ages.	Video	Knowledge; Characteristic	Creativity
<u>Childline - Calm Zone</u>	Provides a selection of activities designed to help you relax and let go of stress.	Lots!; Article; Video	Characteristic	Mental and emotional wellbeing; Self-awareness; Calmness
<u>Being Assertive</u>	Information from Childline on Assertiveness: - What it means to be assertive - Ways to be assertive - When to be assertive - Standing up to friends - Feeling prepared	Lots!; Article	Characteristic; Wellbeing	Mental and emotional wellbeing; Assertiveness; Self-esteem
<u>NHS - Live Well, Eat Well</u>	Learn about what makes a balanced diet, and the most common mistakes people make when choosing what to eat	Article	Wellbeing	Staying healthy: Lifestyle, diet, and assessing risks; Nutrition

Panjango	Answer some simple questions about the things you like to do in order to find out what types of careers might suit your personality and skills.	Game/Quiz	Career Option	0
True Tube - The Earth	True Tube is a collection of videos, often featuring children and young adults just like you, talking about complicated and important issues	Video	Knowledge	The Environment
Protecting Your Mental Health During the Coronavirus Pandemic	Advice on managing stress and anxiety during quarantine, and suggestions for how to cope.	Article	Wellbeing	Mental and emotional wellbeing
Step Into The NHS	Step into the NHS is a series of videos, stories and guides from people who work for the NHS, about their roles, the impacts they're having, and what you can expect if you pursue a similar career	Lots!; Video; Article	Career Option	Healthcare
Google Collection - Arts and Culture	Experience art and culture from around the world in a series of virtual tours and online exhibitions from over 100 museums	Lots!; Video; Other	Knowledge	Different cultures, beliefs and opinions
Google Open Heritage	Explore cultural locations and artifacts in 3D, learn about the restoration process, and explore cultural sites in street view	Lots!; Article; Video; Other	Knowledge	Different cultures, beliefs and opinions
Tate Kids - Games & Quizzes	A collection of games and quizzes all about art and creativity	Game/Quiz; Other	Skill	Creative arts, design and fashion; Creativity
Tate Kids - Make	A collection of ideas for creative projects, from creating a doodle gif to animating a figurine	Video; Other	Skill	Creative arts, design and fashion; Creativity
Ted Ed: How to Spot a Fad Diet	Video about Fad Diets: Why they often don't work, and how to spot them	Video	Wellbeing	Staying healthy: Lifestyle, diet, and assessing risks; Nutrition
Virtual Museum Tours	Google offers virtual tours of museums in New York, Paris, Seoul, Berlin, Amsterdam, São Paulo, London, Florence, Mexico City and Los Angeles	Lots!; Video; Other	Knowledge	Different cultures, beliefs and opinions
Wellbeing - Meditation	This article and video, produced by young people for young people, explains how and why meditation can be useful, and offers some tips on getting started.	Article; Video	Characteristic; Wellbeing	Mental and emotional wellbeing; Self-awareness; Calmness; Patience; Rest

Wellbeing - Writing Things Down	This article, featuring testimonials from other young people, explains the value of regularly writing down your thoughts and feelings.	Article	Characteristic; Skill; Wellbeing	Mental and emotional wellbeing; Organisation; Self-awareness; Calmness; Self-development; Comprehension; Rest
NHS - Sleep Problems	NHS page about sleep problems, their causes, and some ways to improve your sleep quality	Lots!; Article; Video; Game/Quiz	Wellbeing	Staying healthy: Lifestyle, diet, and assessing risks; Rest
Fitness Blender	Catalogue of free exercise videos. You can search by difficulty, length, training type and body area, and all movements have scaled options to cater for all skill levels	Video; Other	Skill	Staying healthy: Lifestyle, diet, and assessing risks; Sports and fitness
iDEA - Develop skills and earn qualifications	Selection of online courses on topics from teamwork and citizenship to coding and animation. Learn at your pace, and earn badges while you do!	Online Course	Career Option; Characteristic; Knowledge; Post-school destination; Skill	Computing and Technology; Creative arts, design and fashion; Engineering and manufacturing; Finance and business; Marketing, media and PR; Organisation; British Politics, Society and Values; Media Literacy and critical thinking; Digital life; Start A Company; Self-development; Creativity; Problem solving; Comprehension; Teamwork; Extra-curricular pursuits

BAE Learning Hub	A collection of activities designed to teach engineering, problem solving and programming	Lots!; Video; Article	Career Option	Problem Solving; Engineering and manufacturing
Young Minds - Anger	Advice about feelings of anger and aggression: why you might feel them, how they can affect you, and some ways of managing them and keeping calm	Article	Characteristic	Mental and emotional wellbeing; Calmness
The Day: News to Open Minds	An accessible online news source targeted at young people	Article; Search Tool	Knowledge	0
Young Minds - Anxiety	Advice about Anxiety: what it is; the symptoms; the options for coping with it; and where you can get help if you need it	Article	Characteristic; Wellbeing	Mental and emotional wellbeing; Calmness; Self-esteem
Young Minds - Bullying	Advice about Bullying: what constitutes bullying; how it can affect you, and how/where to get help	Article	Knowledge	Mental and emotional wellbeing; Staying Safe
Young Minds - Grief and Loss	Advice about grief and loss: what grieving means, how it might feel, some ways to work through it, and where you can find support if you need it	Article	Wellbeing	Mental and emotional wellbeing

Talk Reflections

You should aim to reflect on twelve TED talks in order to achieve the Gold Certification Level.

Name of TED talk:

Talk given by:

What did you find most interesting about this TED talk?

Which character values does this talk relate to, and how?

Summarise what you believe the key message of this talk was:

How has watching this helped to develop your character?

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