

# SMART oppvekst

## CARING



Is when we show that we care about others by our actions or our words

## PATIENCE



Is the ability to wait for something

## RESPONSIBILITY



Is when we take charge of our actions and our belongings

## COURAGE



Is when we dare do something even when we find it a bit scary

## SELF-CONTROL



Is the ability to resist the temptation to do or say things you know you should not

## HELPFULNESS



Is the ability to help others

## TEAMWORK



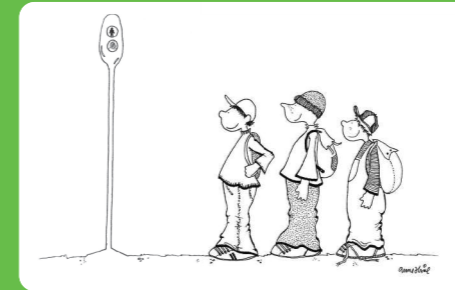
Is when we are able to cooperate with others to achieve a goal

## ENDURANCE



Is when we push ourselves to continue, even though we want to give up

## RESPECT



Is when we treat with consideration others, those in charge, things around us and ourselves

## THANKFULNESS



Is when we are pleased about things that happen and express it

## CONFIDENCE



Is when we believe in ourselves and believe that we have the knowledge to achieve our goals

## PURPOSEFULNESS



Is the ability to find out what you want to do and plan how to achieve your goal

## HUMANISM



Is when we believe that all people are equally important, even if they look different and have other opinions than us

## HONESTY



Willingness to say what is true

## INTEGRITY



Is the ability to do what you are convinced is right

## HUMOUR



Is the ability to make yourself and the people around you smile, laugh and be happy

## LOVE OF LEARNING



Is when we enjoy learning new things and know how to work to get new knowledge

## CURIOSITY



Is when we are interested in things which happen around us. We can see things from different angles, experiment and find out how things work

## CREATIVITY



Is the ability to find new and good solutions to problems

## LEADERSHIP



Is the ability to make others able to work well, achieve goals and work with each other without conflict