



*Entrenching habits of action*

# GOOD MANNERS

## VIRTUE

- The habit of speaking and acting in a way which gives people a feeling of being appreciated, valued and respected.
- The habit of using the words and actions of good manners with sincerity.

## ACTION

**We will:**

- listen with quiet hands, feet and mouths,
- look at the person speaking,
- listen from start to finish,
- listen beyond what is said to how it is said.

**EMPATHY** = **GOOD MANNERS** + FRIENDLINESS  
+ COURAGE + PERSISTENCE/RESILIENCE  
+ TOLERANCE/ACCEPTANCE + COMPASSION



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# FRIENDLINESS

## VIRTUE

- The habit of being interested in others.
- The habit of sharing your time, ideas, feelings, belongings and yourself with others.
- The habit of saying and doing things to lessen the labour and effort of others (helpfulness).

## ACTION

We will:

- not deliberately hurt other people's bodies or feelings,
- take care of property and the environment,
- be friendly even to those who aren't our friends,
- remember that what we do can sometimes hurt others, so we must act safely,
- listen beyond what is said to how it is said.

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# COURAGE

## VIRTUE

- The habit of accepting your fear and nevertheless making yourself say or do the things you know are right and more important than your fear.
- The habit of sticking to your values and resisting the temptation to abandon them.

## ACTION

**We will:**

- try our personal best at everything we do,
- not run away from problems or things we find hard to do,
- take responsibility for our own actions,
- seek the truth,
- listen to our conscience.

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+ **COURAGE** + PERSISTENCE/RESILIENCE  
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# PERSISTENCE/RESILIENCE

## VIRTUE

- The habit of trying again and again without complaint or the need for a reward.
- The habit of accepting failure as the stepping stone to success and bouncing back.
- The habit of seeing problems and difficulties as things you can do something about to make better.

## ACTION

### We will:

- keep trying even when we make mistakes or fail,
- trust our teacher and give things a go even if we don't like those things or find them hard,
- have really good reasons for not giving something a go,
- look inside ourselves for the bravery we need.

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# TOLERANCE/ACCEPTANCE

## VIRTUE

- The habit of accepting and respecting difference.
- The habit of accepting things you cannot change.
- The habit of avoiding judgement.
- The habit of forgiving faults and the patience to work with them.

## ACTION

**We will:**

- know our feelings and take charge of them,
- respect the rights and traditions of others,
- not say nasty things about people or spread rumours,
- listen beyond what is said to how it is said.

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# COMPASSION

## VIRTUE

- The habit of caring deeply for the plight of others and the desire to help.
- The habit of saying and doing things to raise the spirit of another (kindness).

## ACTION

### We will:

- use our words and actions to help people and not hurt them,
- help people in difficulty,
- tell a teacher if we see or hear something that might be dangerous to others or us,
- listen beyond what is said to how it is said.

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# EMPATHY

A PERSON OF  
GOOD CHARACTER WHO:

- embodies all the key virtues and develops them through vigorously adhering to his/her values to ensure they become the habits of behaviour that define his/her character.
- has an awareness of others with the ability to see things from another's point-of-view and the ability to identify with the plight, state or needs of another.

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