

St. Peter's 'Route to Resilience' vocabulary

Self-control	Restraining yourself from doing something that may not be appropriate at the time.
Listening	Listening politely and respecting other people's ideas.
Gratitude	Being thankful and showing appreciation.
Integrity	Being honest and telling the truth. Doing the 'right thing'.
Co-operation	The ability to work together. May involve compromise or self-sacrifice.
Resilience	The ability to recover from difficulties or 'bounce back'.
Friendship	Involves trust, generosity, sharing, empathy and more. Shouldn't be treated lightly or traded away.
Good humour	Being in a good mood and trying to brighten other people's mood.
Kindness	Being generous, thoughtful and friendly.
Courage	The ability to face challenges, even if they are daunting.
Optimism	Thinking positively and seeing the bright side.
Curiosity	A strong desire to know or learn something. Ask questions to learn more.
Perseverance	Not giving up on something even when something is difficult, or you'd rather be doing something else.
Concentration	The act of focusing your attention. The art of not being distracted.
Imagination	Forming new ideas, images or concepts.

Independence	Not relying on others to do things for you. Showing that you can learn to do things for yourself.
Creativity	Create meaningful new ideas.
Respect	Admiring someone, and also listening to others and considering their views.
Confidence	Believing in yourself and your abilities. Not being shy of trying.
Enthusiasm	Ready and keen to learn all there is to know, and to contribute and enjoy.