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|  | **Milestones 1 (Y1 & Y2)** | **Milestones 2 (Y3 & Y4)** | **Milestones 3**  **(Y5 & Y6)** |
| To try new things | • Try new things with the help of others.  • Talk about some things of personal interest.  • Join in with familiar activities.  • Concentrate on things of interest. | • Try new things when encouraged.  • Enjoy new experiences.  • Join clubs or groups.  • Talk about new experiences with others. | • Enjoy new things and take opportunities wherever possible.  • Find things to do that give energy.  • Become fully involved in clubs or groups.  • Meet up with others who share interests in a safe environment. |
| To work hard | • Work hard with the help of others.  • Enjoy the results of effort in areas of interest.  • Take encouragement from others in areas of interest. | • Enjoy working hard in a range of activities.  • Reflect on how effort leads to success.  • Begin to encourage others to work hard. | • Have fun working hard.  • Understand the benefits of effort and commitment.  • Continue to practise even when accomplished.  • Encourage others by pointing out how their efforts gain results. |
| To concentrate | • Give attention to areas of interest.  • Begin to ‘tune out’ distractions.  • Begin to show signs of concentration.  • Begin to seek help when needed. | • Focus on activities.  • ‘Tune out’ some distractions.  • Search for methods to help with concentration.  • Develop areas of deep interest. | • Give full concentration.  • ‘Tune out’ most distractions.  • Understand techniques and methods that aid concentration.  • Develop expertise and deep interest in some things. |
| To push themselves | • Express doubts and fears.  • Explain feelings in uncomfortable situations.  • Begin to push past fears (with encouragement).  • Listen to people who try to help.  • Begin to try to do something more than once. | • Begin to understand why some activities feel uncomfortable.  • Show a willingness to overcome fears.  • Push past fears and reflect upon the emotions felt afterwards.  • Begin to take encouragement and advice from others.  • Keep trying after a first attempt. | • Find ways to push past doubts, fears, or a drop in motivation even in challenging circumstances.  • Push oneself in less enjoyable areas.  • Listen to others who encourage and help, thanking them for their advice.  • Reflect upon how pushing past doubts, fears or a drop in motivation leads to a different outlook. |
| To imagine | • With help, develop ideas.  • Respond to the ideas of others’.  • Respond to questions about ideas.  • Act on some ideas. | • Begin to enjoy having new ideas.  • Show some enthusiasm for the ideas of others.  • Ask some questions in order to develop ideas.  • Show enjoyment in trying out some ideas. | • Generate lots of ideas.  • Show a willingness to be wrong.  • Know which ideas are useful and have value.  • Act on ideas.  • Ask lots of questions. |
| To improve | • Share with others likes about own efforts.  • Choose one thing to improve (with help).  • Make a small improvement (with help). | • Share with others a number of positive features of own efforts.  • Identify a few areas for improvement.  • Attempt to make improvements. | • Clearly identify own strengths.  • Identify areas for improvement.  • Seek the opinion of others to help identify improvements.  • Show effort and commitment in refining and adjusting work. |
| To understand others | • Show an awareness of someone who is talking.  • Show an understanding that ones own behaviour affects other people.  • Listen to other people. | • Listen to others, showing attention.  • Think of the effect of behaviour on others before acting.  • Describe the points of view of others. | • Listen first to others before trying to be understood.  • Change behaviours to suit different situations.  • Describe and understand others’ points of view. |
| To not give up | • Try again with the help of others.  • Try to carry on even if a failure causes upset.  • Keep going in activities of interest.  • Try to think of oneself as lucky. | • Find alternative ways if the first attempt does not work.  • Bounce back after a disappointment or failure.  • Show the ability to stick at an activity (or a club or interest).  • See oneself as lucky. | • Show a determination to keep going, despite failures or set backs.  • Reflect upon the reasons for failures and find ways to bounce back.  • Stick at an activity even in the most challenging of circumstances.  • See possibilities and opportunities even after a disappointment.  • Consider oneself to be lucky and understand the need to look for luck. |
|  | **Milestones 1** | **Milestones 2** | **Milestones 3** |