

	Milestone 1	Milestone 2	Milestone 3
Try new things This concept involves appreciating the range of life opportunities.	• 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.
Work hard This concept involves understanding the importance of effort.	• 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.
Concentrate This concept involves understanding how to become focused.	• 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.
Push themselves This concept involves understanding how to overcome doubts and insecurities.	• 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 areas that are not so enjoyable. • 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.
Imagine This concept involves understanding how to apply knowledge inventively.	• 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.
Improve This concept involves an appreciation that small improvements make big differences.	• 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.
Understand others This concept involves an appreciation of others.	• Show an awareness of someone who is talking. • Show an understanding that ones own behaviour affects other people. • Listen to other people's point of view.	• 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.
Not give up This concept involves the understanding of the importance of persistence.	• 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.