

6-Week Character Development Plan – Spring to Summer Term 2025

Goal: To build strong character virtues in primary school pupils through interactive activities, reflections, and practical experiences.

Week	Superhero Focus	Virtues	Key Activities
1	Mindful Mohammad	Self-Belief, Kindness, Reflection	Mindfulness breathing, self-affirmation exercises, random acts of kindness challenge, outdoor reflection walk.
2	Independent Isla	Bravery, Risk-Taking, Trust	Encouraging new challenges, independent learning tasks, confidence-building exercises, and a "Yes I Can" challenge.
3	Community Chloe	Teamwork, Belonging, Helping Others	Class teamwork challenges, buddy system, community projects, and a "Helping Hands" initiative.
4	Opportunity Olly	Aspirations, Growth, Choices	Dream job discussions, goal-setting activities, resilience games, and a "Growth Mindset" wall.
5	Engagement Erin	Participation, Effort, Enthusiasm	Debate club, creative class projects, public speaking practice, and celebration of pupil engagement.
6	Character Celebration Week	Reflection, Recognition, Growth	Recap of all virtues, student-led presentations, storytelling of personal growth, and awards.

Overview of the lessons:

Week 1: Mindful Mohammad – Self-Belief & Kindness

◆ *Virtues:* Self-belief, Kindness, Reflection

◆ *Activities:*

- **Monday:** Assembly introduction to Mindful Mohammad. Discuss mindfulness and self-belief.
- **Tuesday:** Positive self-talk and affirmations. Create a "Wall of Self-Belief."
- **Wednesday:** Random acts of kindness challenge.



- **Thursday:** Outdoor mindfulness walk and creative reflections (drawing or writing).
- **Friday:** Celebration assembly – certificates for mindful behaviours.

Week 2: Independent Isla – Bravery & Risk-Taking

◆ *Virtues:* Bravery, Confidence, Decision-Making

◆ *Activities:*

- **Monday:** Assembly on taking risks and trusting oneself.
- **Tuesday:** “Try Something New” challenge – pupils attempt something out of their comfort zone.
- **Wednesday:** Self-confidence role play – act out scenarios where bravery is needed.
- **Thursday:** “Yes I Can” challenge – setting personal goals.
- **Friday:** Share success stories of overcoming fears.



Week 3: Community Chloe – Teamwork & Helping Others

◆ *Virtues:* Community, Support, Teamwork

◆ *Activities:*

- **Monday:** Assembly on the importance of community and supporting each other.
- **Tuesday:** Classroom teamwork challenges (e.g., group puzzles, team-building games).
- **Wednesday:** “Helping Hands” initiative – pupils identify ways to support classmates and staff.
- **Thursday:** Buddy up – older pupils mentor younger pupils.
- **Friday:** Community appreciation day – writing thank-you notes to school staff.



Week 4: Opportunity Olly – Aspirations & Growth Mindset

◆ *Virtues:* Growth, Making Choices, Aspiration

◆ *Activities:*

- **Monday:** Assembly on making the right choices and believing in potential.
- **Tuesday:** Pupils create “My Future Self” posters with aspirations and goals.
- **Wednesday:** Growth mindset lesson – embracing challenges and learning from mistakes.
- **Thursday:** Interactive career day – pupils interview staff about their jobs.
- **Friday:** Reflection session – how do we create our own opportunities?



Week 5: Engagement Erin – Effort & Participation

◆ *Virtues:* Engagement, Hard Work, Enthusiasm

◆ *Activities:*

- **Monday:** Assembly on why getting involved matters.
- **Tuesday:** Class debates and discussions – practicing active engagement.
- **Wednesday:** Creative class projects – pupils collaborate on something meaningful.
- **Thursday:** Public speaking practice – each pupil presents something they're passionate about.
- **Friday:** "Most Engaged Learners" awards – celebrating participation.



Week 6: Character Celebration Week

◆ *Virtues:* Reflection, Personal Growth, Recognition

◆ *Activities:*

- **Monday:** Recap of all character superheroes and their lessons.
- **Tuesday:** Pupils reflect on their own growth and write letters to their future selves.
- **Wednesday:** Storytelling session – pupils share personal growth stories.
- **Thursday:** Superhero Award Ceremony – celebrating progress and achievements.
- **Friday:** Whole-school character showcase – pupils present what they have learned.

Week 1: Mindful Mohammad – Self-Belief & Kindness

◆ *Virtues:* Self-belief, Kindness, Reflection

◆ *Key Message:* Believe in yourself, be kind to yourself, allow space to think.

Monday – Assembly: Meet Mindful Mohammad

🕒 *Time:* 30 minutes

📖 *Resources:* Presentation slides, superhero poster of Mindful Mohammad, CALM background music

◆ **Introduction (10 mins)**

- Introduce **Mindful Mohammad**: "What does it mean to be mindful?"
- Discuss the **importance of self-belief and being kind to yourself**.
- Show examples (e.g., **athletes, authors, historical figures** who believed in themselves).

◆ **Main Activity (15 mins)**

- **Guided mindfulness exercise** (breathing techniques, relaxation).
- **Pair discussion:**
"When have you felt unsure of yourself? What helped?"

◆ Reflection (5 mins)

- Pupils write one **positive thing about themselves** on a post-it and add it to a **Mindful Wall**.

Tuesday – Positive Self-Talk & Affirmations

 *Time:* 45 minutes

 *Resources:* Paper, markers, mirror station, self-affirmation cards, CALM app.

◆ Introduction (10 mins)

- Explain **self-talk**: *"How we speak to ourselves shapes our confidence."*
- Give examples of **negative vs. positive self-talk**.


◆ Main Activity (30 mins)

1. **Mirror Affirmation Activity** (15 mins) – Pupils stand in front of a mirror and say:
"I am capable. I am strong. I believe in myself."
2. **Create Self-Belief Posters** (15 mins) – Pupils design a **poster of self-affirmations**.

◆ Reflection (5 mins)

- Class discussion: *"How did it feel to say positive things about yourself?"*
- Share one **affirmation they will use this week**.

Wednesday – Acts of Kindness Challenge

 *Time:* 40 minutes

 *Resources:* Kindness cards, kindness tracker chart

◆ Introduction (10 mins)

- Discuss **kindness to self and others**: *"How does kindness affect us?"*
- Show a **video of kindness spreading** (e.g., "Pay It Forward" concept).

◆ Main Activity (20 mins)


- Each pupil **draws a kindness card** (e.g., *help a friend, write a thank-you note*).
- They **carry out the act of kindness** throughout the day.


◆ Reflection (10 mins)

- Share experiences: *"How did it feel to be kind?"*

- Add acts to the Kindness Tracker Chart.

Thursday – Mindfulness & Reflection

 Time: 45 minutes

 Resources: Outdoor space, nature scavenger list, journals

◆ Introduction (10 mins)

- Discuss how mindfulness helps our thoughts slow down.

◆ Main Activity (30 mins)

1. **Outdoor Walk & Sensory Awareness** (15 mins) – Pupils list **things they hear, see, feel**.
2. **Journaling** (15 mins) – "What makes me feel calm?"

◆ Reflection (5 mins)

- Pupils **share one moment** from the walk that helped them feel mindful.

Friday – Celebration & Recognition

 Time: 40 minutes

 Resources: Certificates, reflection sheets

◆ Introduction (10 mins)

- Recap Mindful Mohammad's messages.

◆ Main Activity (20 mins)

- **Award certificates** for pupils who showed mindfulness and self-belief.
- **Class discussion:** "*What will you continue doing to stay mindful?*"

◆ Reflection (10 mins)


- Pupils write a **letter to their future self**, reminding them to be kind and believe in themselves.

Week 2: Independent Isla – Bravery & Risk-Taking

◆ **Virtues:** Confidence, Risk-Taking, Trusting Yourself

◆ **Key Message:** *Be brave, take risks, and trust yourself.*

Monday – Assembly: Meet Independent Isla


 Time: 30 minutes

 Resources: Isla's superhero poster, real-life stories of brave people

- ◆ Introduction (10 mins)
 - Discuss **what bravery means** ("*Is bravery just about fighting? Or trying new things?*").
 - Show examples: **Famous inventors, scientists, explorers.**
- ◆ Main Activity (15 mins)
 - **Bravery Scale:** Pupils rank situations from **easy to brave.**
 - **Class discussion:** "*When was a time you did something brave?*"
- ◆ Reflection (5 mins)
 - Pupils write one **goal to challenge themselves this week.**

Tuesday – "Try Something New" Challenge


 Time: 45 minutes

 Resources: Activity station setups (e.g., trying a new game, learning a new word)

- ◆ Introduction (10 mins)
 - Discuss **fear of failure** ("*Why do we avoid trying new things?*").
- ◆ Main Activity (30 mins)
 1. "**Bravery Stations**" – Pupils rotate, trying new skills.
 2. **Pair Reflection:** Share experiences.
- ◆ Reflection (5 mins)
 - Pupils write: "*What new thing did I try today?*"

Wednesday – "Yes, I Can" Challenge


 Time: 40 minutes

 Resources: Goal-setting worksheet

- ◆ Introduction (10 mins)
 - Discuss **perseverance** and not giving up.
- ◆ Main Activity (20 mins)
 - Pupils **set a bravery goal** (e.g., *putting hand up in class*).
- ◆ Reflection (10 mins)
 - Small group **discussion on progress.**

Thursday – Bravery Role-Play

 Time: 45 minutes

 Resources: Scenario cards

◆ Introduction (10 mins)

- Discuss **real-life situations** needing bravery.

◆ Main Activity (30 mins)


- **Role-play bravery scenarios** (e.g., *speaking up, making a new friend*).

◆ Reflection (5 mins)

- Pupils share **what they learned about confidence**.

Friday – Celebration & Recognition

 Time: 40 minutes

 Resources: Certificates

◆ Main Activity (20 mins)

- **Certificates for bravery**.
- **Sharing personal stories**.

◆ Reflection (10 mins)


- Pupils write: "*What will I do bravely next week?*"

Week 3: Community Chloe – Teamwork & Helping Others

◆ **Virtues: Teamwork, Belonging, Helping Others**

◆ **Key Message:** *Remember you belong to a community, support one another, help one another.*

Monday – Assembly: Meet Community Chloe

 Time: 30 minutes

 Resources: Community Chloe superhero poster, short video on teamwork

◆ Introduction (10 mins)

- Discuss **what community means** ("*Who is part of our school community?*").
- Show a **teamwork video** (e.g., sports, firefighters, orchestra).

◆ Main Activity (15 mins)


- "**What Makes a Team?**" **Brainstorm** – pupils share words that describe a strong community.

◆ Reflection (5 mins)

- Pupils write on a post-it: *"One way I will help my community this week."*

Tuesday – Classroom Teamwork Challenge

 Time: 45 minutes

 Resources: Large puzzle pieces, teamwork task sheets

◆ Introduction (10 mins)

- Discuss how everyone has a role in a team.


◆ Main Activity (30 mins)


1. **Team Puzzle Challenge** – pupils work together to complete a giant puzzle.
2. **Group discussion:** *"What worked well? What was challenging?"*

◆ Reflection (5 mins)

- Write one lesson learned about teamwork.

Wednesday – "Helping Hands" Activity

 Time: 40 minutes

 Resources: "Helping Hands" board, coloured paper

◆ Introduction (10 mins)

- Discuss small ways to help others (e.g., holding the door, saying thank you).

◆ Main Activity (20 mins)


- Pupils write one kind action on a paper hand and add it to the Helping Hands board.

◆ Reflection (10 mins)

- Share how they helped or were helped today.

Thursday – Community Project

 Time: 45 minutes

 Resources: Cleaning supplies, thank-you cards

◆ Introduction (10 mins)

- Discuss ways to give back to the school or local community.

◆ Main Activity (30 mins)


- **Community Service Task** (e.g., litter pick, making thank-you notes for staff).

◆ Reflection (5 mins)

- Pupils share how it felt to contribute.

Friday – Celebration & Recognition

 Time: 40 minutes

 Resources: Certificates, class discussion prompts

◆ Main Activity (20 mins)

- Award **Teamwork Superstars Certificates**.
- Pupils share **what they will continue doing to build community**.

◆ Reflection (10 mins)


- Write one **goal for being a better team player**.

Week 4: Opportunity Olly – Aspirations & Growth Mindset

◆ Virtues: **Growth, Making Choices, Aspirations**

◆ Key Message: *Make the right choices, be who you want to be.*

Monday – Assembly: Meet Opportunity Olly

 Time: 30 minutes

 Resources: Superhero poster, videos of people achieving their goals

◆ Introduction (10 mins)

- Discuss how **making choices shapes our future**.

◆ Main Activity (15 mins)

- **Dream Big Discussion** – Pupils share **what they want to be when they grow up**.

◆ Reflection (5 mins)

- Write one **small step they can take toward their dream**.

Tuesday – My Future Self Poster

 Time: 45 minutes

 Resources: Paper, markers, magazines for collages

◆ Introduction (10 mins)

- Discuss **what opportunities exist in life**.


◆ Main Activity (30 mins)

- Pupils create a poster of their future aspirations.

◆ Reflection (5 mins)

- Pupils share one step they can take today.

Wednesday – Growth Mindset Game

 Time: 40 minutes

 Resources: Growth mindset quotes, challenge tasks

◆ Introduction (10 mins)

- Discuss the difference between a fixed and growth mindset.


◆ Main Activity (20 mins)

- Challenge Task Stations – Pupils try difficult puzzles or learning new skills.

◆ Reflection (10 mins)

- *"What did I learn from a challenge today?"*

Thursday – Interactive Career Day

 Time: 45 minutes

 Resources: Staff speakers, videos on careers

◆ Introduction (10 mins)

- Discuss different career paths and choices.

◆ Main Activity (30 mins)

- Staff Q&A – Pupils interview teachers/staff about their careers.

◆ Reflection (5 mins)

- Write one new career they learned about.

Friday – Celebration & Recognition

 Time: 40 minutes

 Resources: Certificates


◆ Main Activity (20 mins)

- Certificates for growth mindset achievements.
- Class reflection on goals.

Week 5: Engagement Erin – Participation & Effort

- ◆ **Virtues:** Engagement, Hard Work, Enthusiasm
- ◆ **Key Message:** *Get involved, do your best, show what you are made of.*


Monday – Assembly: Meet Engagement Erin


 *Time:* 30 minutes

 *Resources:* Erin's poster, participation video

- ◆ **Main Activity (15 mins)**
 - Discuss **why effort is important.**
 - **Engagement Challenge** – Pupils pick a **new way to participate this week.**


Tuesday – Public Speaking Practice

 *Time:* 45 minutes

 *Resources:* Speech cards

- ◆ **Main Activity (30 mins)**
 - **Classroom Debate** – Pupils present arguments on fun topics.
- ◆ **Reflection (5 mins)**
 - *"What did I enjoy about speaking up?"*

Wednesday – Creative Collaboration


 *Time:* 40 minutes

 *Resources:* Group project supplies

- ◆ **Main Activity (30 mins)**
 - Pupils work in **groups** to create a **mini project** (e.g., poster, play).

Thursday – Engagement Awards

 *Time:* 45 minutes

 *Resources:* Certificates

- ◆ **Main Activity (30 mins)**
 - Pupils **nominate classmates** for engagement awards.


Week 6: Character Celebration Week – Reflection, Recognition & Growth


◆ **Virtues:** Reflection, Personal Growth, Recognition

◆ **Key Message:** Celebrate our character journey, recognize our achievements, and set future goals.

◆ **Objective:** Pupils reflect on what they've learned from each character, celebrate their progress, and showcase their growth through presentations and activities.

Monday – Recap Superhero Lessons & Class Discussion

 **Time:** 45 minutes

 **Resources:** Superhero posters, discussion prompts, whiteboard

◆ Introduction (10 mins)

- Display all **superhero posters** (Mindful Mohammad, Independent Isla, Community Chloe, Opportunity Olly, Engagement Erin).
- Ask pupils:
 "Which superhero resonated with you the most and why?"
 "Which virtues do you feel you have developed the most?"

◆ Main Activity (25 mins)

- **Classroom Discussion:** Each pupil **shares their personal learning** from the superheroes.
- **Group Work:** Each group creates a **mind map** linking the superheroes to real-life situations.

◆ Reflection (10 mins)

- Pupils write: *"What is one character strength I have developed?"* and *"How will I use it next year?"*

Tuesday – Reflection Letter: A Letter to My Future Self

 **Time:** 45 minutes

 **Resources:** Writing templates, envelopes, coloured pens

◆ Introduction (10 mins)

- Discuss **why self-reflection is important** for growth.
- Explain: *"We will write a letter to our future selves to remind us of what we've learned."*

◆ Main Activity (30 mins)

- **Writing Task:**

Pupils write a letter to their **future self (6–12 months ahead)**, including:

1. **What they've learned from each superhero.**
2. **Challenges they overcame.**

3. Personal goals moving forward.

- Decorate envelopes and seal them.

◆ Reflection (5 mins)

- **Pair Share:** Pupils read a part of their letter to a partner.

📌 **Teacher's Role:** Collect letters to return to pupils in a future term.

Wednesday – Personal Growth Storytelling & Superhero Role-Play

🕒 **Time:** 45 minutes

📚 **Resources:** Storytelling cards, superhero capes or badges

◆ Introduction (10 mins)

- Explain: *"Today we will share how we have grown and celebrate our journey."*
- Discuss: *"Why is it important to acknowledge our progress?"*

◆ Main Activity (30 mins)

1. **Personal Growth Stories:** Pupils share a short story about a time they used one of the virtues in real life.
 - Example: *"I was nervous about joining a new club, but I used Independent Isla's bravery!"*
2. **Superhero Role-Play:** Pupils act out **real-life scenarios** where they use character strengths.

◆ Reflection (5 mins)

- **Group Discussion:** *"What has been the biggest personal lesson for you this term?"*

📌 **Teacher's Role:** Encourage **peer recognition** by allowing classmates to give shout-outs.

Thursday – Superhero Awards Ceremony & Recognitions

🕒 **Time:** 60 minutes

📚 **Resources:** Certificates, medals, music, projector for a photo slideshow

◆ Introduction (10 mins)

- Celebrate the journey: *"This term, you have all grown into superheroes!"*
- Show a **slideshow of class moments** (photos from previous weeks).

◆ Main Activity (40 mins)

1. **Awards Presentation:**
 - **Certificates for each superhero trait:**
 - *"Mindfulness Champion" (Mindful Mohammad)*
 - *"Bravery Star" (Independent Isla)*

- "Community Leader" (Community Chloe)
- "Opportunity Seeker" (Opportunity Olly)
- "Engagement Enthusiast" (Engagement Erin)

- Special "Superhero of the Term" awards.

2. Peer Recognition:

- Pupils nominate a classmate for a personal character strength award.

◆ Reflection (10 mins)

- **Class Gratitude Circle:** Pupils say one **thank you** to a peer who inspired them.

📌 **Teacher's Role:** Make sure every pupil feels celebrated and included.

Friday – Whole-School Showcase & Celebration Assembly

🕒 **Time:** 60 minutes

📚 **Resources:** Microphones, stage, superhero posters, display boards

◆ Introduction (10 mins)

- Whole-school assembly led by **Headteacher/Teachers**.
- Discuss **why** character development matters.

◆ Main Activity (40 mins)

1. Superhero Parade:

- Pupils **wear badges or capes** representing the superhero they relate to most.

2. Class Presentations:

- Each class presents a **short skit, poem, or song** about a superhero virtue.

3. Interactive Panel:

- Pupils answer questions about **what they learned and how they will use it**.

◆ Reflection & Closing (10 mins)

- Headteacher's closing speech: "*This is not the end – it is just the beginning of your character journey!*"
- Pupils write on a school banner: "*One way I will continue being a superhero...*"

📌 **Teacher's Role:** Facilitate **smooth transitions** between activities and encourage enthusiastic participation.