



ACHIEVE YOUR GOALS AT



The Bear Grylls

ADVENTURE

Key Skills

KS3 PHSE PHYSICAL, HEALTH, SOCIAL & ENVIRONMENTAL

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PERSONAL AND CHARACTER TRAITS

Lead-in questions:

- What do we mean by personal and character traits?
- Can you think of any examples of personal or character traits you possess or would like to possess?

Task 1:

Find a number of personal and character traits in the Wordsearch below. Are any of these terms that you discussed in the lead-in questions?

Y	P	C	O	R	E	I	Y	S	L	I
H	P	O	L	E	A	D	E	R	Y	N
T	D	U	S	S	N	Y	B	N	T	T
R	E	R	S	I	O	S	N	H	I	E
O	T	A	K	L	T	U	F	P	L	G
W	A	G	D	I	F	I	H	O	I	R
T	C	E	A	E	N	M	V	S	M	I
S	I	N	R	N	D	C	L	E	U	T
U	D	P	Y	T	S	E	N	O	H	Y
R	E	S	P	E	C	T	E	W	U	G
T	D	A	T	H	L	E	T	I	C	R

Personal and Character Traits

Courage, Honesty, Funny, Respect, Humility, Trustworthy, Leader,
Positive Integrity, Dedicated, Kind, Resilient, Athletic



Task 2:

Work together to come up with definitions for each of the Personal and Character Traits.

Then, fill in the green column entitled 'Rank', numbering the traits from 1 - 13 with 1 being the most important trait in your opinion, and 13 being the least. Think about why these traits are crucial in everyday life, but especially when you are working with other people as part of a team.

Trait	Definition	Rank (1-13)
Courage		
Honesty		
Funny		
Respect		
Humility		
Trustworthy		
Leader		
Positive		
Integrity		
Dedicated		
Kind		
Resilient		
Athletic		



Task 3:

Choosing one of the traits you have looked at so far in Tasks 1 and 2, write a reflection about an occasion when you have shown this trait. It could be a time when you have been tested or challenged, or even a significant conversation or interaction with someone.

Consider why this trait was so important in this instance? How did this trait help you and/or other people? What did you learn about yourself and other people from this experience?

Extension:

Can you think of any other traits that haven't been covered in the activities so far? Consider their importance and if it is a trait you possess.

Task 4:

Share some of your reflections, and begin to think about how possessing some of these traits will help you in your future adventures. Which trait from the list would you like to develop more and why?



Reflection:

**WHY IS IT
GOOD TO FACE
OUR FEARS?**