

# ROUNDED

Ready for life

A Spiritual, Moral, Social and  
Cultural Development Resource for 16-19s

**Explore values and virtues  
which will help 16-19s grow  
as rounded individuals**

**Facilitate 16-19s to  
develop as positive  
participants in their  
college, community  
and future workplaces**



6 sessions exploring key character dispositions, common to many religions and worldviews, which are building blocks for an ethical and fruitful life\*

- 1 CULTIVATING IDENTITY, INCLUSION & BELONGING
- 2 BEING FAIR AND JUST
- 3 BEING MERCIFUL AND FORGIVING
- 4 BEING THANKFUL
- 5 CARING FOR OTHERS, ANIMALS & THE ENVIRONMENT
- 6 BEING HOPEFUL AND VISIONARY



### Each **ROUNDED** session contains...

- 10 minute, interactive Powerpoint presentation focused on everyday choices or life issues
- Menu of activities to prompt discussion, action and reflection, flexible to different group types and sizes, time and space available

\*ROUNDED is inspired by, and uses six of the 'dispositions' from, the Birmingham Agreed Syllabus for RE (with permission). Written from a broad Christian perspective, it encourages the spiritual, moral, social and cultural development of all, regardless of their faith or belief.

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