

# 15 Character Trait Rating Scales

*Suitable for 9-16 year-olds.*

1. Caring
2. Citizenship
3. Cooperation
4. Courage
5. Fairness
6. Gratitude
7. Integrity
8. Kindness
9. Loyalty
10. Optimism
11. Persistence
12. Respect
13. Responsibility
14. Teamwork
15. Trustworthiness

**Rate Yourself: CARING**

Need to Work on it...OK...Average...Good...Excellent

1 2 3 4 5

1.) Rate yourself on each of the caring skills listed.  
2.) Circle the ones you feel you could improve upon.  
Write a goal about how you could change one that you circled that would benefit you.

\_\_\_ I help people in need  
\_\_\_ I treat everyone kindly  
\_\_\_ I am generous

**Rate Yourself: Loyalty**

Need to Work on it...OK...Average...Good...Excellent

1 2 3 4 5

1.) Rate yourself on each of the loyalty skills listed.  
2.) Circle the ones you feel you could improve upon.  
Write a goal about how you could change one that you circled that would benefit you.

**Rate Yourself: Teamwork**

Need to Work on it...OK...Average...Good...Excellent

1 2 3 4 5

1.) Rate yourself on each of the teamwork skills listed.  
2.) Circle the ones you feel you could improve upon.  
Write a goal about how you could change one that you circled that would benefit you.

**Rate Yourself: Cooperation**

Need to Work on it...OK...Average...Good...Excellent

1 2 3 4 5

1.) Rate yourself on each of the cooperative skills listed.  
2.) Circle the ones you feel you could improve upon.  
Write a goal about how you could change one that you circled that would benefit you.

\_\_\_ I am no...to other  
\_\_\_ I am compl...sincere  
\_\_\_ I help o...  
\_\_\_ I am ge...  
\_\_\_ I am em...  
\_\_\_ O...

**Rate Yourself: Citizenship**

Need to Work on it...OK...Average...Good...Excellent

1 2 3 4 5

1.) Rate yourself on each of the citizenship skills listed.  
2.) Circle the ones you feel you could improve upon.  
Write a goal about how you could change one that you circled that would benefit you.

\_\_\_ Community Volunteer  
\_\_\_ School Volunteer  
\_\_\_ Take responsibility  
\_\_\_ Good neighbor  
\_\_\_ Treat others with...and dignity  
\_\_\_ Follow all rules  
\_\_\_ Lend a helping han...  
\_\_\_ Take care of the environment  
\_\_\_ Other

**Rate Yourself: Fairness**

Need to Work on it...OK...Average...Good...Excellent

1 2 3 4 5

1.) Rate yourself on each of the fairness skills listed.  
2.) Circle the ones you feel you could improve upon.  
Write a goal about how you could change one that you circled that would benefit you.

\_\_\_ Treat others the way you want to be treated  
\_\_\_ Follow the rules  
\_\_\_ Be truthful  
\_\_\_ Take turns  
\_\_\_ Be open minded  
\_\_\_ Listen attentively  
\_\_\_ Be accountable, don't blame others  
\_\_\_ Don't spread rumors  
\_\_\_ Be inclusive/show kindness  
\_\_\_ Don't take advantage of others  
\_\_\_ Other

**Rate Yourself: Responsibility**

Need to Work on it...OK...Average...Good...Excellent

1 2 3 4 5

1.) Rate yourself on each of the 'responsible' skills listed.  
2.) Circle the ones you feel you could improve upon.  
Write a goal about how you could change one that you circled that would benefit you.

\_\_\_ Do my best  
\_\_\_ Start tasks promptly  
\_\_\_ Complete tasks on time  
\_\_\_ Do what is asked of me  
\_\_\_ Persist  
\_\_\_ Think before I act  
\_\_\_ Use self control  
\_\_\_ Be my best  
\_\_\_ Use good judgement  
\_\_\_ Other

# Character Trait Rating Scales Overview

Character trait checklists can be valuable tools for assessing and promoting positive character development in students. Here's an overview of how to use character trait checklists effectively:

## **Identify Relevant Character Traits:**

Begin by selecting a set of character traits from the set provided that are relevant and age-appropriate for the students. These traits may include qualities like responsibility, respect, empathy, integrity, perseverance, and cooperation.

## **Introduce the Traits:**

Start by introducing each character trait to the students. Discuss the meaning of each trait and provide real-world examples to ensure a clear understanding.

## **Self-Assessment:**

Encourage students to regularly self-assess their own character traits. Provide them with opportunities to reflect on their behavior and identify instances where they exhibited positive traits or areas where improvement is needed.

## **Teacher Assessment:**

Work with students to set personal goals related to character development. Discuss specific actions they can take to enhance or demonstrate particular traits. These goals can be revisited periodically for reflection and adjustment.

## **Recognition and Rewards:**

Acknowledge and celebrate instances where students exhibit positive character traits. This can be done through verbal praise, certificates, or a classroom recognition system. Positive reinforcement helps reinforce the importance of these traits.

## **Parental Involvement:**

## **Reflection and Discussion:**

Periodically engage students in reflective discussions about their character development journey. Discuss challenges, successes, and strategies for overcoming obstacles in demonstrating positive traits.

# Rate Yourself:

## CARING



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the caring skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ I help people in need

\_\_\_\_\_ I treat everyone kindly

\_\_\_\_\_ I am generous

\_\_\_\_\_ I am not mean or hurtful  
to others

\_\_\_\_\_ I compliment others  
sincerely and deservedly

\_\_\_\_\_ I help others in need

\_\_\_\_\_ I am genuine with others

\_\_\_\_\_ I am empathetic

\_\_\_\_\_ \_\_\_\_\_  
*Other*

# Rate Yourself:

## Citizenship



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the citizenship skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ Community Volunteer

\_\_\_\_\_ School Volunteer

\_\_\_\_\_ Take responsibility

\_\_\_\_\_ Good neighbor

\_\_\_\_\_ Treat others with respect  
and dignity

\_\_\_\_\_ Follow all rules

\_\_\_\_\_ Lend a helping hand

\_\_\_\_\_ Take care of the  
environment

\_\_\_\_\_ \_\_\_\_\_  
*Other*

# Rate Yourself: Cooperation



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the cooperative skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

- \_\_\_\_\_ Cooperative at Recess
- \_\_\_\_\_ Cooperative with Friends
- \_\_\_\_\_ Cooperative in Math
- \_\_\_\_\_ Cooperative in Language
- \_\_\_\_\_ Cooperative at Lunch
- \_\_\_\_\_ Cooperative at Tidy Up
- \_\_\_\_\_ Cooperative in Groups
- \_\_\_\_\_ Cooperative with Friends
- \_\_\_\_\_ Cooperative with Teachers
- \_\_\_\_\_ *Other*

A large, rounded rectangular box with a thick black border, intended for writing a goal.

# Rate Yourself:

## Courage



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

1.) Rate yourself on each of the 'courage' skills listed.

2.) Circle the ones you feel you could improve upon.

*Write a goal about how you could change the ones that you circled that would benefit you.*

\_\_\_\_\_ Make new friends

\_\_\_\_\_ Stick to morals/  
principles

\_\_\_\_\_ Stand up to bullies

\_\_\_\_\_ Stand up for others

\_\_\_\_\_ Admit and learn from  
mistakes

\_\_\_\_\_ Speak in front of a group

\_\_\_\_\_ Don't cave to peer  
pressure

\_\_\_\_\_ Offer to help others

\_\_\_\_\_

\_\_\_\_\_

*Other*

# Rate Yourself: Fairness



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the fairness skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ Treat others the way you want to be treated

\_\_\_\_\_ Follow the rules

\_\_\_\_\_ Be truthful

\_\_\_\_\_ Take turns

\_\_\_\_\_ Be open minded

\_\_\_\_\_ Listen attentively

\_\_\_\_\_ Be accountable, don't blame others

\_\_\_\_\_ Don't spread rumors

\_\_\_\_\_ Be inclusive/show kindness

\_\_\_\_\_ Don't take advantage of others

\_\_\_\_\_ Other





# Rate Yourself: Gratitude



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

1.) Rate yourself on each of the gratitude skills listed.

2.) Circle the ones you feel you could improve upon.

*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ Show and speak your appreciation of others

\_\_\_\_\_ Appreciate things instead of taking them for granted.

\_\_\_\_\_ My gratitude helps me to be positive

\_\_\_\_\_ I regularly show my appreciation to others

\_\_\_\_\_ I express thanks regularly

\_\_\_\_\_ I give praise to others when deserved

\_\_\_\_\_ I make it a habit to be grateful daily

\_\_\_\_\_ I replace cynical feelings with gratefulness

\_\_\_\_\_

*Other*



# Rate Yourself: Integrity



Need to Work on it....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the integrity skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ Academic honesty

\_\_\_\_\_ Sportsmanship

\_\_\_\_\_ Anti Bullying and supporting victims.

\_\_\_\_\_ Honest with yourself and others.

\_\_\_\_\_ Standing up for what you believe in morally.

\_\_\_\_\_ Model the change you wish to see in others.

\_\_\_\_\_ Do the right thing when nobody is looking.

\_\_\_\_\_ \_\_\_\_\_  
*Other*

Large rounded rectangular area for writing goals.

# Rate Yourself:

## Kindness



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the kindness skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ I am kind and inclusive to others in need.

\_\_\_\_\_ I always treat others kindly

\_\_\_\_\_ I share willingly

\_\_\_\_\_ I am not mean or hurtful to others

\_\_\_\_\_ I make others feel welcome

\_\_\_\_\_ I am generous

\_\_\_\_\_ I am very considerate

\_\_\_\_\_ I show genuine concern

\_\_\_\_\_ I'm courteous to others

\_\_\_\_\_ Don't take advantage of others

\_\_\_\_\_ Other \_\_\_\_\_

# Rate Yourself: Loyalty



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the loyalty skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ I am there for someone in need.

\_\_\_\_\_ I do not spread gossip or rumors.

\_\_\_\_\_ I am always sincere.

\_\_\_\_\_ I can be counted on to do random acts of kindness.

\_\_\_\_\_ I encourage and inspire others with sincerity.

\_\_\_\_\_ I view others objectively and am non discriminatory.

\_\_\_\_\_

*Other*



# Rate Yourself:

## Optimism



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the optimism skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ Positive attitude about school.

\_\_\_\_\_ Positive attitude about friends.

\_\_\_\_\_ Positive attitude about family.

\_\_\_\_\_ Good coping skills.

\_\_\_\_\_ Motivated to realize my goals.

\_\_\_\_\_ Don't give up easily.

\_\_\_\_\_ I'm a positive thinker.

\_\_\_\_\_ I'm accountable and hopeful.

\_\_\_\_\_ I have a 'can do' attitude.

\_\_\_\_\_

**Other**

# Rate Yourself:

## PERSISTENCE



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the persistence skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ I am calm under pressure.

\_\_\_\_\_ I am patient.

\_\_\_\_\_ I learn from my mistakes  
and continue to move forward

\_\_\_\_\_ I don't give up easily

\_\_\_\_\_ I always try my best

\_\_\_\_\_ I complete my work on  
time

\_\_\_\_\_ I check over my work

\_\_\_\_\_ I work towards my goals

\_\_\_\_\_

*Other*



# Rate Yourself:

## Responsibility



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the 'responsible' skills listed.
- 2.) Circle the ones you feel you could improve upon.

*Write a goal about how you could change the ones that you circled that would benefit you.*

\_\_\_\_\_ Do my best

\_\_\_\_\_ Start tasks promptly

\_\_\_\_\_ Complete tasks on time

\_\_\_\_\_ Do what is asked of me

\_\_\_\_\_ Persist

\_\_\_\_\_ Think before I act

\_\_\_\_\_ Use self control

\_\_\_\_\_ Be my best

\_\_\_\_\_ Use good judgement

\_\_\_\_\_

*Other*

A large, rounded rectangular box intended for writing a goal to improve upon the circled skills.

# Rate Yourself:

## Respect



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the 'respect' skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change the ones that you circled that would benefit you.*

\_\_\_\_\_ Respectful at recess

\_\_\_\_\_ Respectful toward friends

\_\_\_\_\_ Respectful of the property  
of others

\_\_\_\_\_ Respectful toward  
teachers

\_\_\_\_\_ Respectful at Lunch

\_\_\_\_\_ Use good manners

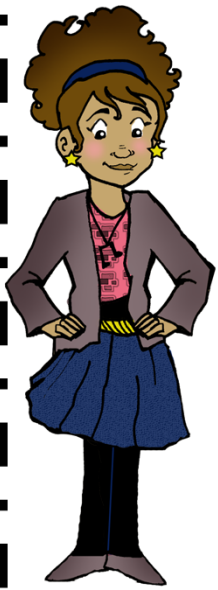
\_\_\_\_\_ Respectful with family

\_\_\_\_\_ Respectful with  
belongings

\_\_\_\_\_ \_\_\_\_\_  
*Other*



# Rate Yourself: Teamwork



Need to Work on it....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the teamwork skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

- \_\_\_\_\_ Appreciate differing and diverse ideas
- \_\_\_\_\_ Pull my weight in groups
- \_\_\_\_\_ Listen to others intently
- \_\_\_\_\_ Show respect for everyone
- \_\_\_\_\_ Cooperative with all team members
- \_\_\_\_\_ Display a positive attitude
- \_\_\_\_\_ Remain focused on the goal or task
- \_\_\_\_\_ Communicate effectively
- \_\_\_\_\_ Honor group rules
- \_\_\_\_\_ \_\_\_\_\_
- Other*

# Rate Yourself: Trustworthiness



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- 1.) Rate yourself on each of the trustworthy skills listed.
- 2.) Circle the ones you feel you could improve upon.  
*Write a goal about how you could change one that you circled that would benefit you.*

\_\_\_\_\_ My friends can trust me

\_\_\_\_\_ My family can trust me

\_\_\_\_\_ I am trustworthy at school

\_\_\_\_\_ I can keep a promise

\_\_\_\_\_ I am loyal to my friends

\_\_\_\_\_ I keep promises

\_\_\_\_\_ I do what I say

\_\_\_\_\_ I am reliable

\_\_\_\_\_ I am truthful

\_\_\_\_\_

*Other*