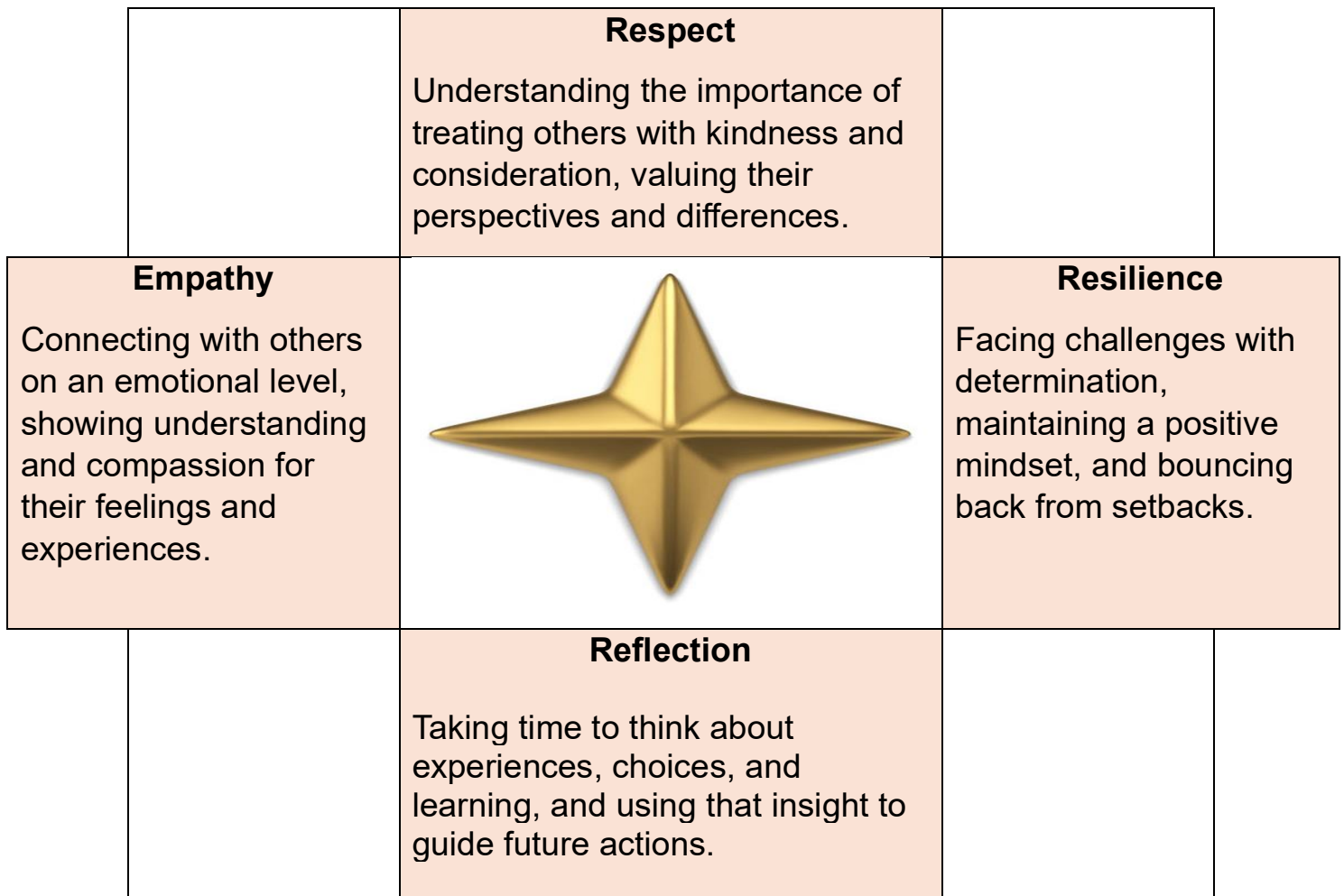


# VBL – The Wisdom Star

The **Wisdom Star** is a metaphor developed by **Dr. Neil Hawkes**, a leading figure in values-based education, to help individuals reflect on their inner qualities and decision-making processes. It is a simple, symbolic tool designed to encourage self-awareness, mindfulness, and alignment with core values in everyday actions.

The original wisdom star has five points, each point representing a single value. We have adapted this metaphor to tie in with Fielding's four core values. Each point on our star represents one of our core values.



**The Wisdom Star** encourages reflective practice, empowering individuals to act with integrity and live out values such as respect, resilience, reflection, and empathy. It is a useful framework for pupils and staff alike to consider how their choices reflect their values and impact the community.

# VBL – The Wisdom Cycle

**The Wisdom Cycle** is a strategy to bring our positive values to act as a compass to guide our thoughts and actions.

## **Structure of the Wisdom Cycle:**

### **Pause and sit still.**

- Take a moment to settle your body and calm your mind.

### **Visualise your Wisdom Star.**

- Close your eyes and imagine the star with its four points: respect, empathy, resilience, and reflection. For younger children they may want to focus on a star that represents one value at a time, such as respect.

### **Think of a situation in your life.**

- Reflect on a moment where you need help or guidance from your Wisdom Star. This could be a challenge you're facing, such as difficulty in relationships, making a decision, or managing emotions.

### **Draw on your star's wisdom.**

- If you feel overwhelmed with sadness, visualise your star and receive the value of empathy. Empathy encourages us to be kind to ourselves.
- If you feel angry, imagine the star offering the value of respect. Respect for yourself and others helps you maintain emotional self-control.

### **Use the value from your Wisdom Star.**

- Allow this value to help you calm yourself or make a positive choice. Trust that your star holds many values to support you in facing life's challenges. Additionally points to your star will develop over time ([link to our sub-values](#))

### **Reflect and move forward.**

- After receiving the star's wisdom, reflect on how the value helps you in the situation, and carry that strength with you throughout your day.