



SELF- AWARENESS

Self-Awareness:

The ability to recognize our feelings, values, thoughts, preferences, challenges, strengths and actions. It is also about recognizing how our actions affect us and others.

EMOTIONS

Emotions:

Feelings that may come from our circumstances, mood, or relationships. Emotions can be seen on someone's face, actions, words, or tone of voice.

UNCOMFORTABLE EMOTIONS

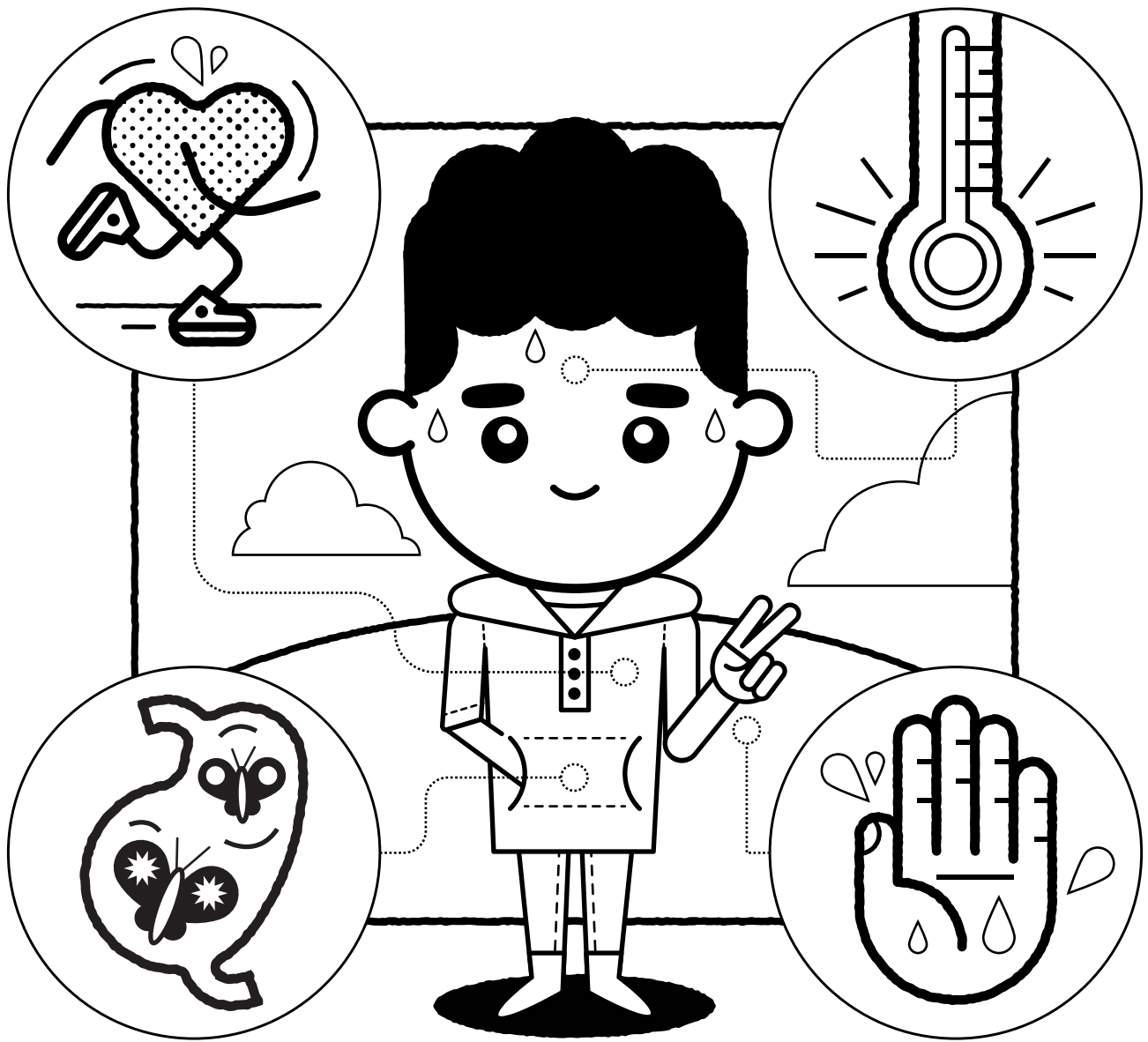
Uncomfortable Emotions:

Feelings we do not enjoy experiencing.
These feelings may negatively impact our
ability to think clearly.

COMFORTABLE EMOTIONS

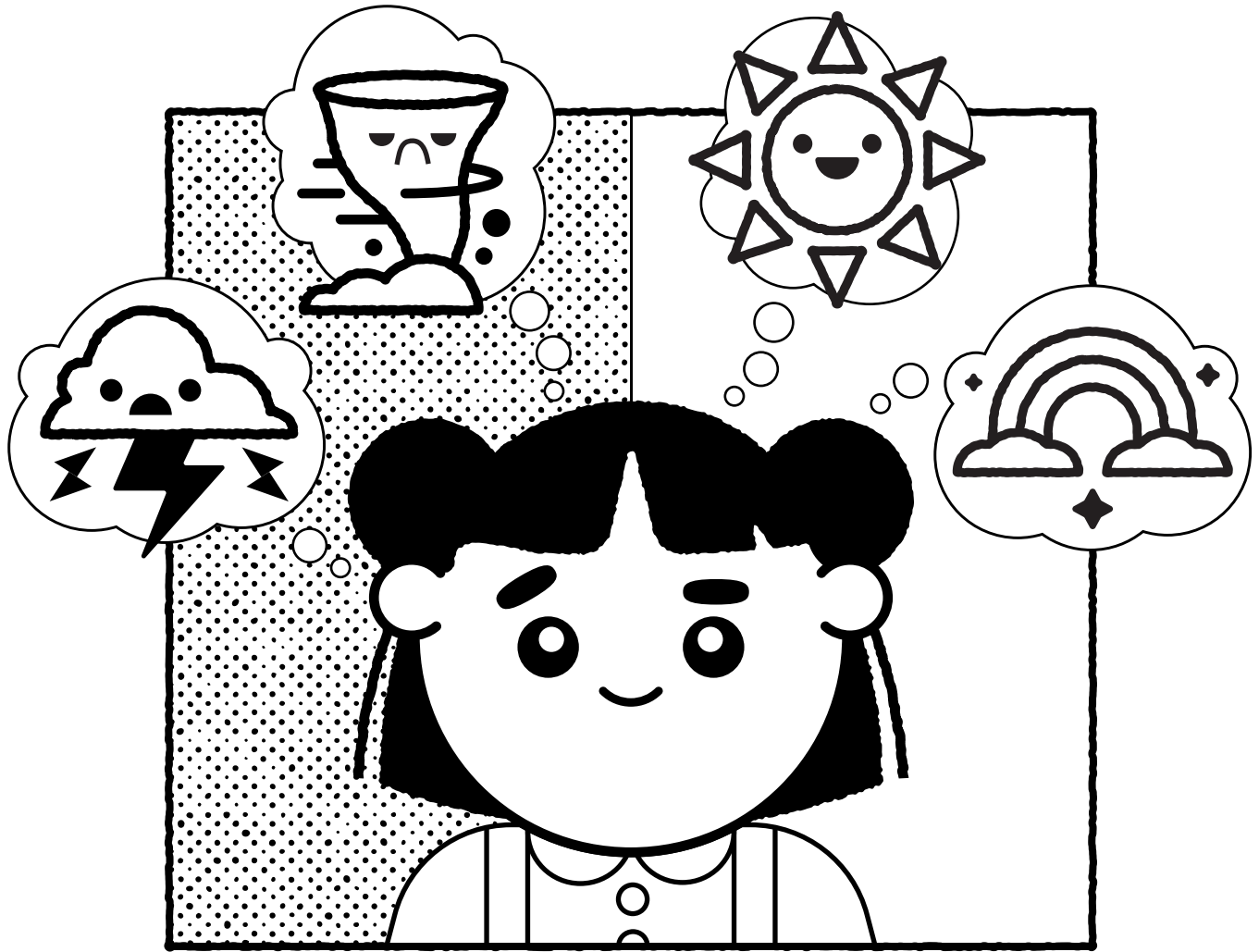
Comfortable Emotions:

Feelings we enjoy and seek to experience.



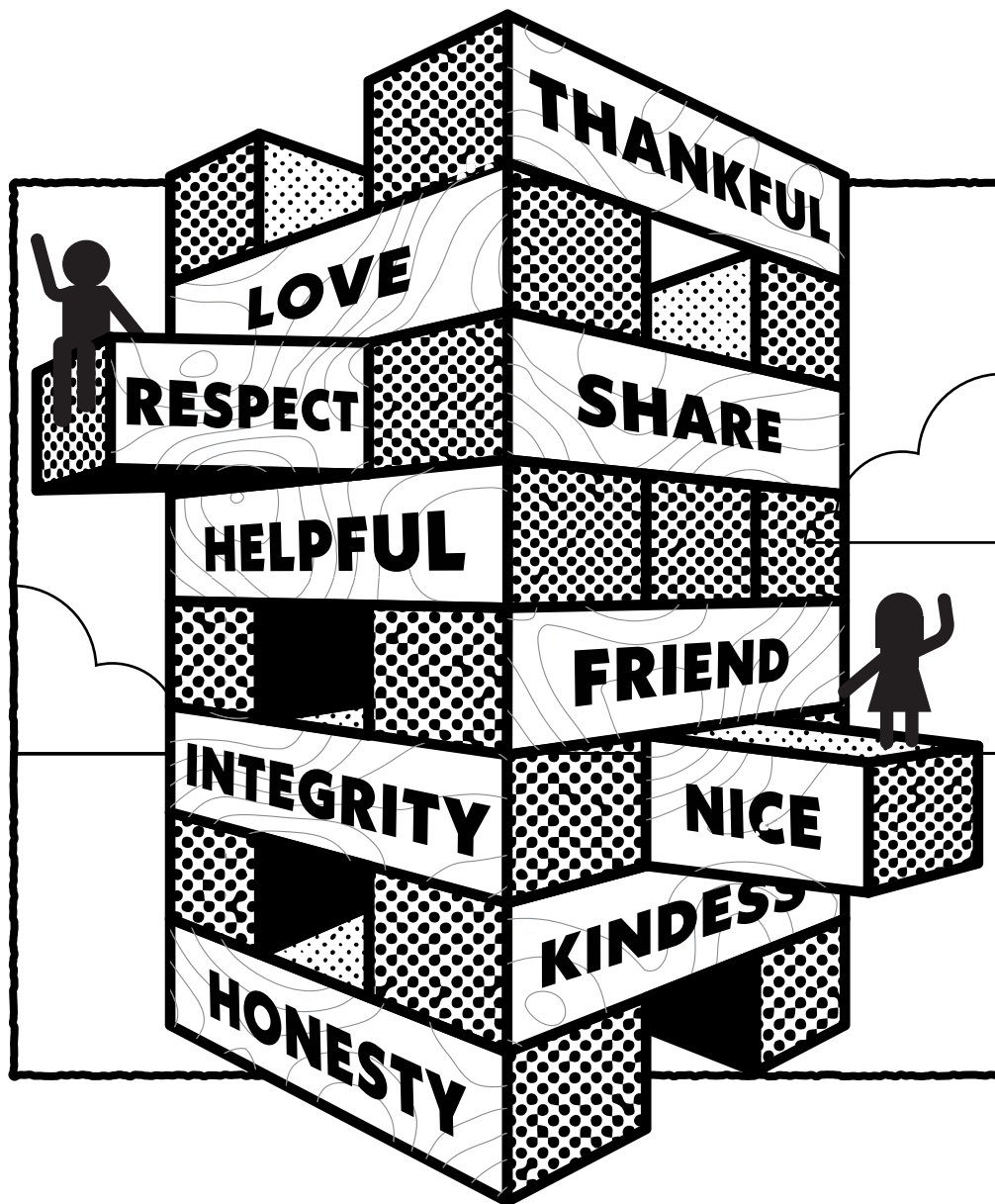
Body Signals:

The signs our body gives us about the emotions we are experiencing.



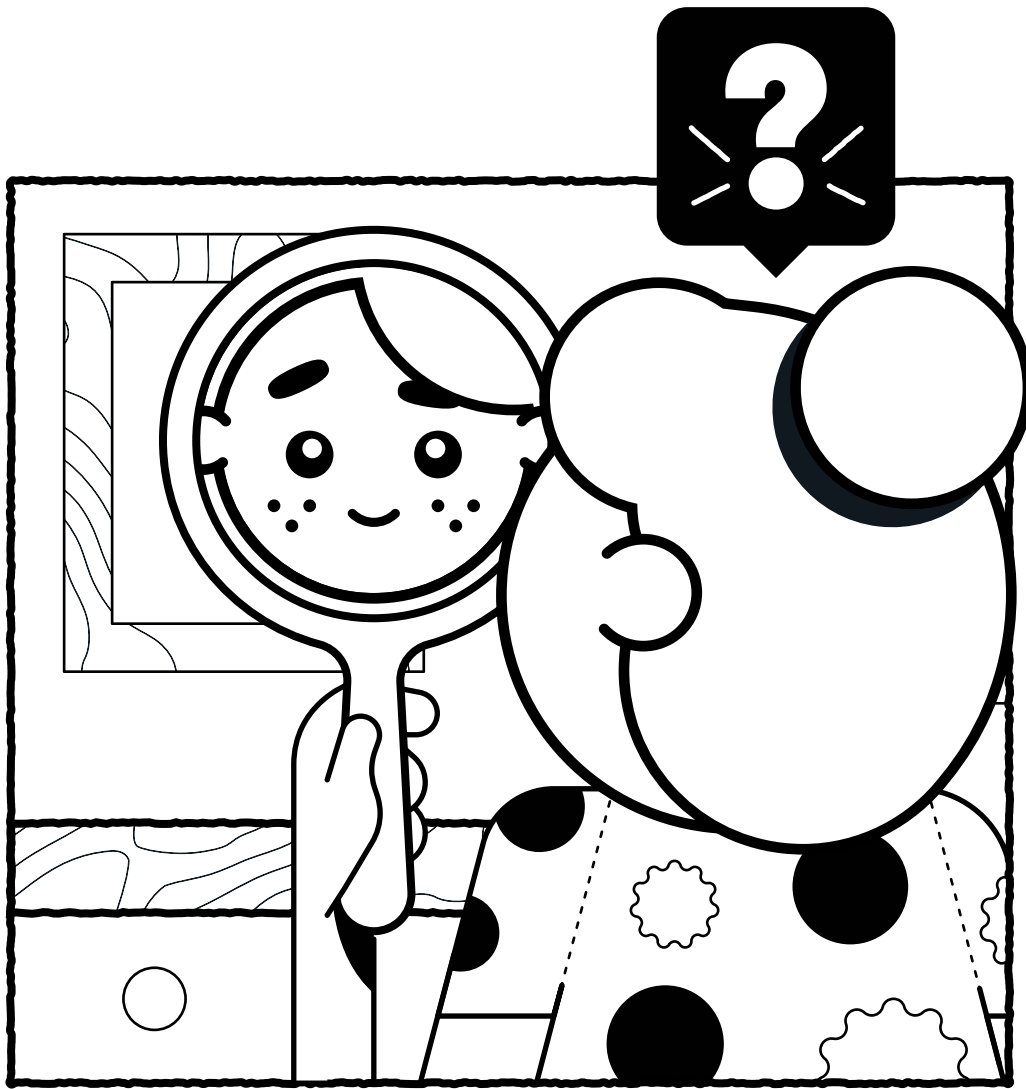
Self-Talk:

Our internal dialogue that can be either positive or negative.



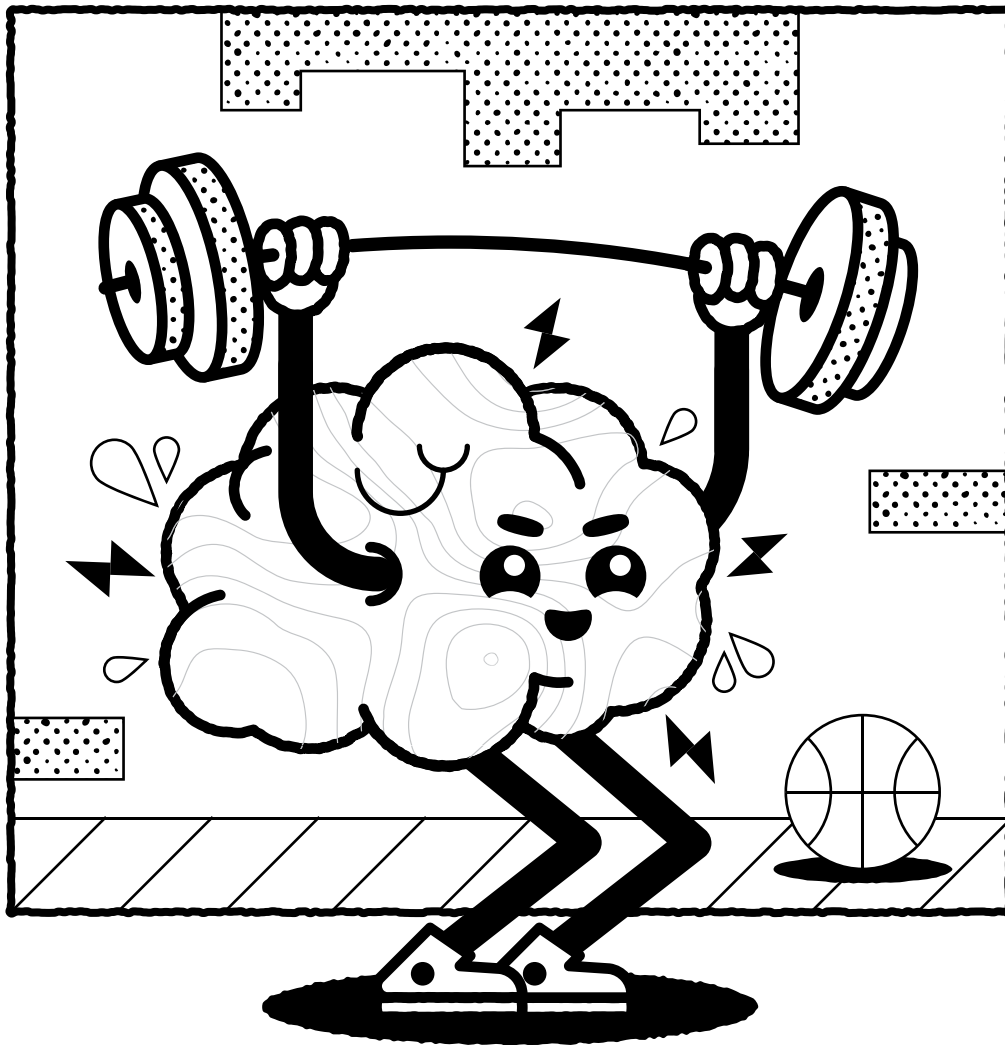
Values:

Our beliefs such as honesty, kindness, and integrity that guide our decisions and actions.



Identity:

Makes someone who they are and the way they think about themselves.



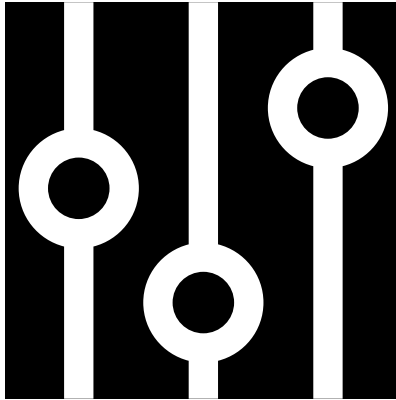
Growth Mindset:

Belief in our ability to grow by persevering even when things are hard.

FIXED MINDSET

Fixed Mindset:

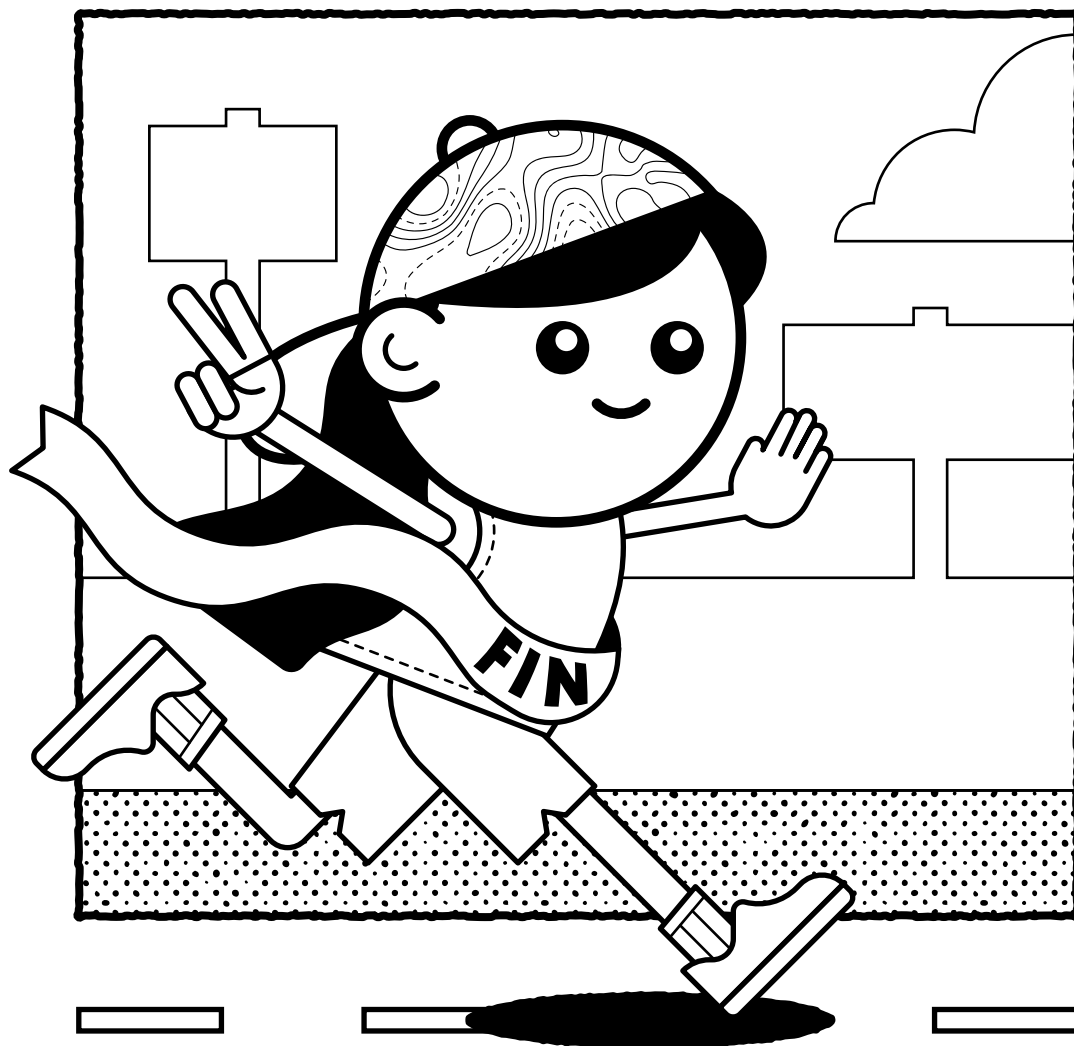
Belief that our talents, skills, and intelligence cannot be changed.



SELF- MANAGEMENT

Self-Management:

The ability to experience or express our emotions in a kind, safe or helpful way.



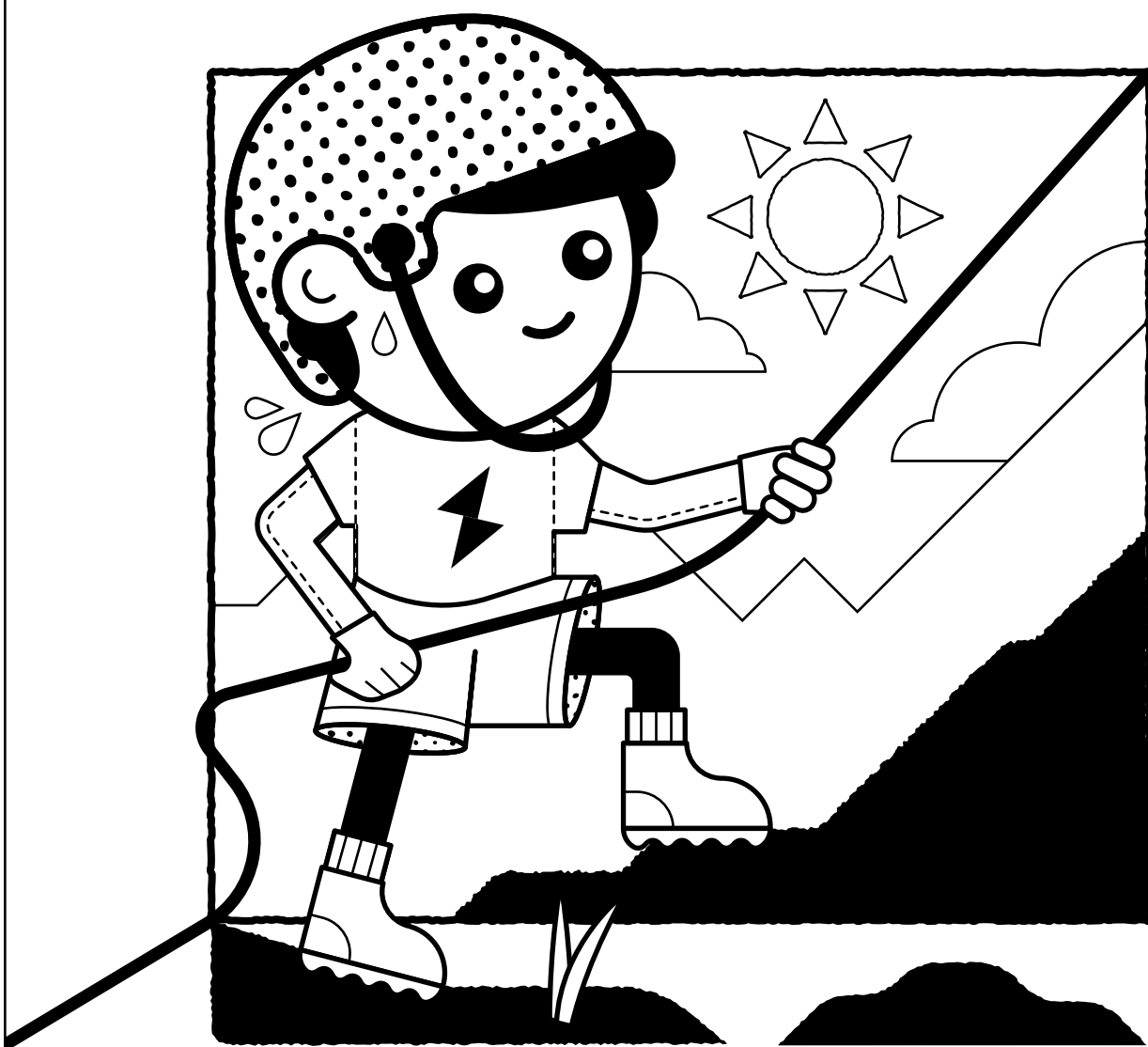
Accomplishment:

The feeling someone gets when they reach a goal, learn something new, or complete a task

GOAL

Goal:

Something someone works to achieve through planned steps and actions.



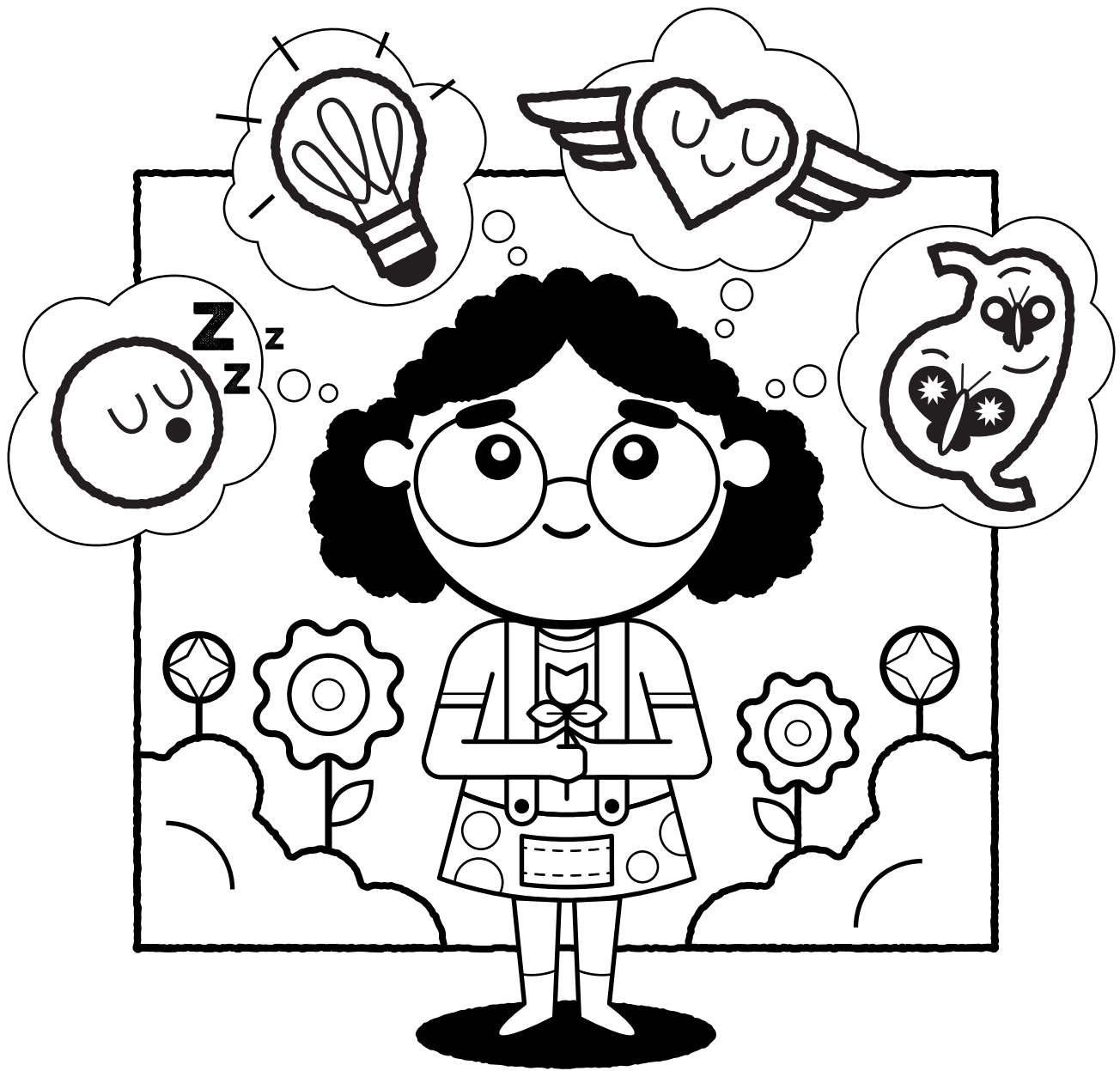
Perseverance:

Continuing to try,
even when things are hard.



Courage:

The ability to overcome our fears and explore new opportunities, take on challenges, or do what is right, even when afraid.



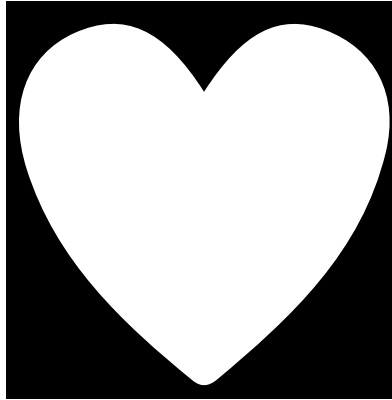
Mindfulness:

Paying attention to our body, thoughts and feelings with kindness and curiosity.

TIME MANAGEMENT

Time Management:

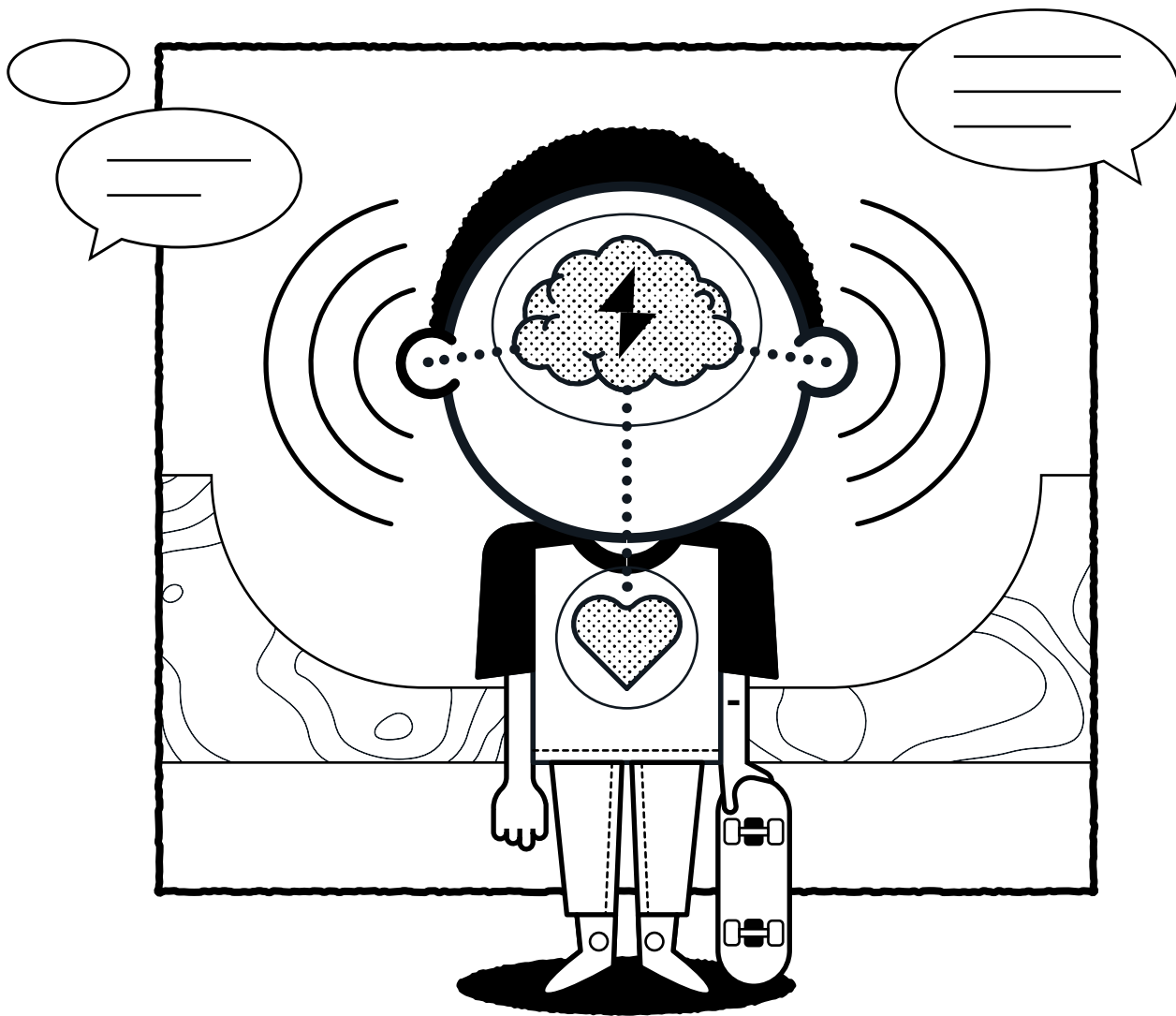
The ability to organize one's time so that the right amount of time is spent on the right activities.



RELATIONSHIP SKILLS

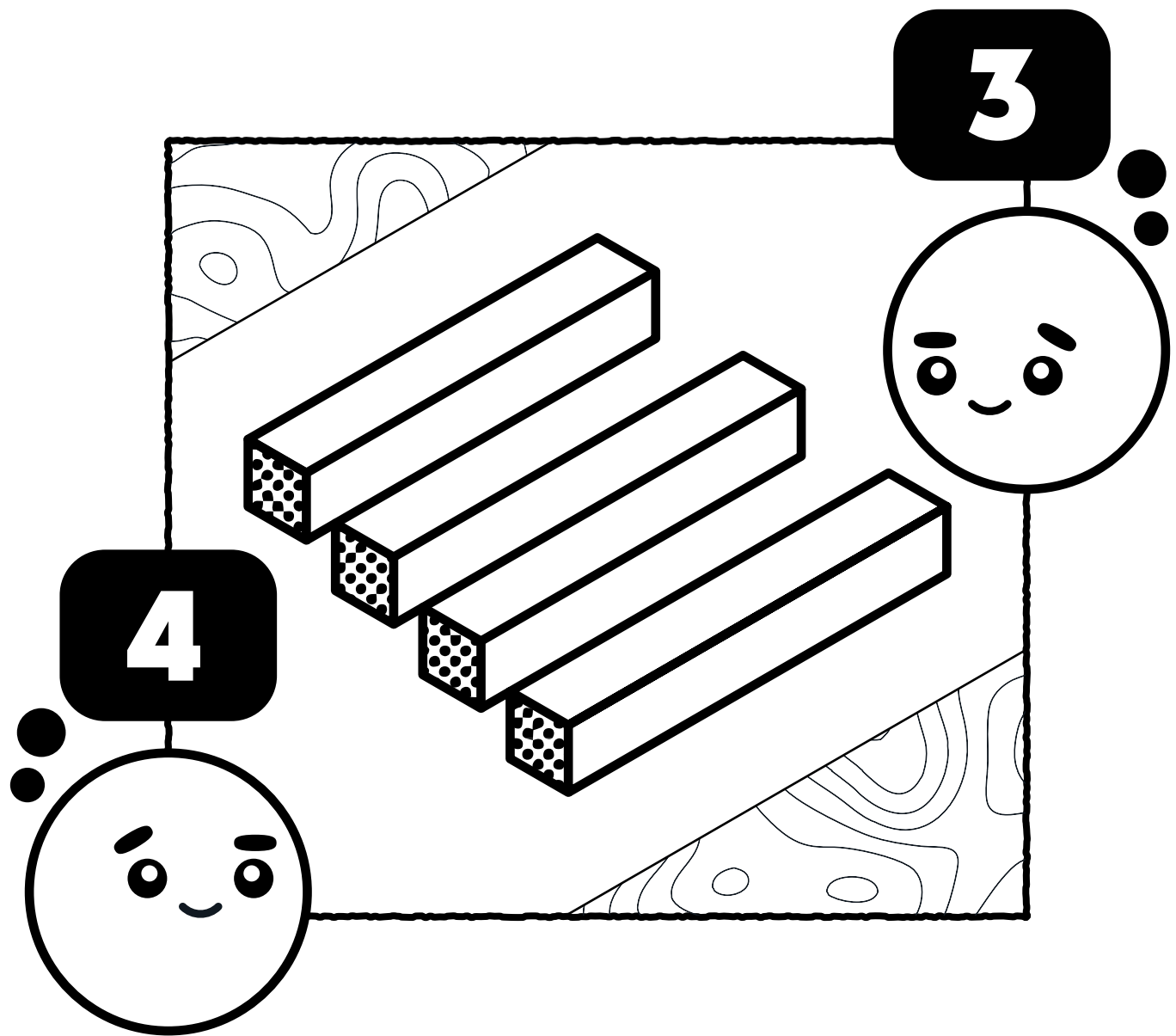
Relationship Skills:

The skills needed to build positive relationships with others.



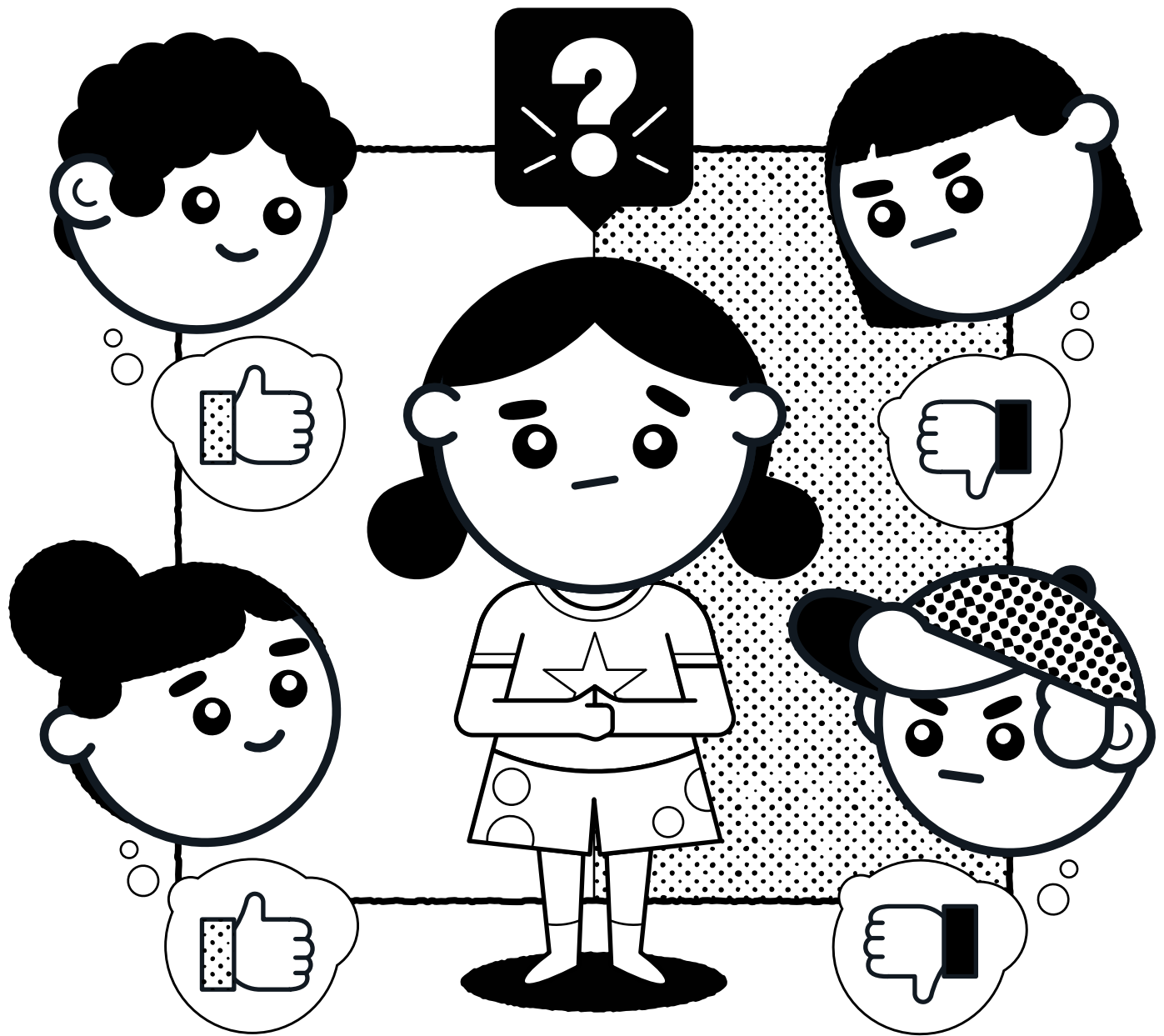
Active Listening:

To fully listen so that we understand and remember what someone said.



Perspective:

Someone's point-of-view; the way they see something.



Peer Pressure:

Influence from members of one's peer group. It can be both positive and negative.



Personal Space:

The area around a person that needs to be open to help them feel, calm, comfortable and safe.

VERBAL COMMUNICATION

Verbal Communication:

Words that communicate our thoughts, ideas, and feelings.

NONVERBAL COMMUNICATION

Nonverbal Communication:

The body language that communicates our thoughts, ideas and feelings; such as: posture, facial expressions, touch, eye contact, or gestures.



DECISION MAKING

Decision-Making:

The process of making a decision after thinking about choices and consequences.

BIG PROBLEM

Big Problem:

A problem that requires help from an adult and may be dangerous or hard to solve on our own.

SMALL PROBLEM

Small Problem:

A problem that can be safely solved on our own.

PROBLEM SOLVING

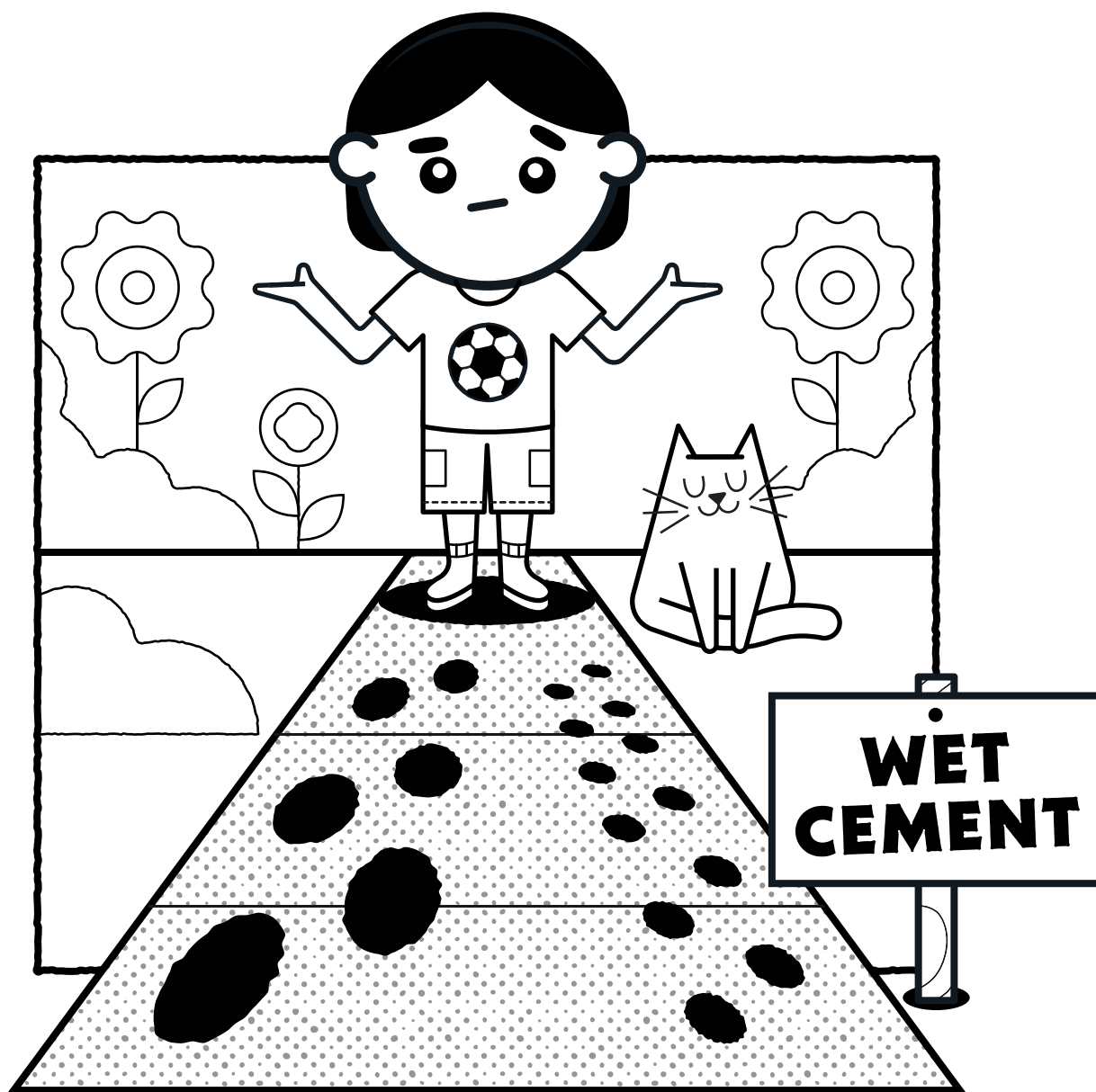
Problem Solving:

A plan used to solve a problem.

SOLUTION

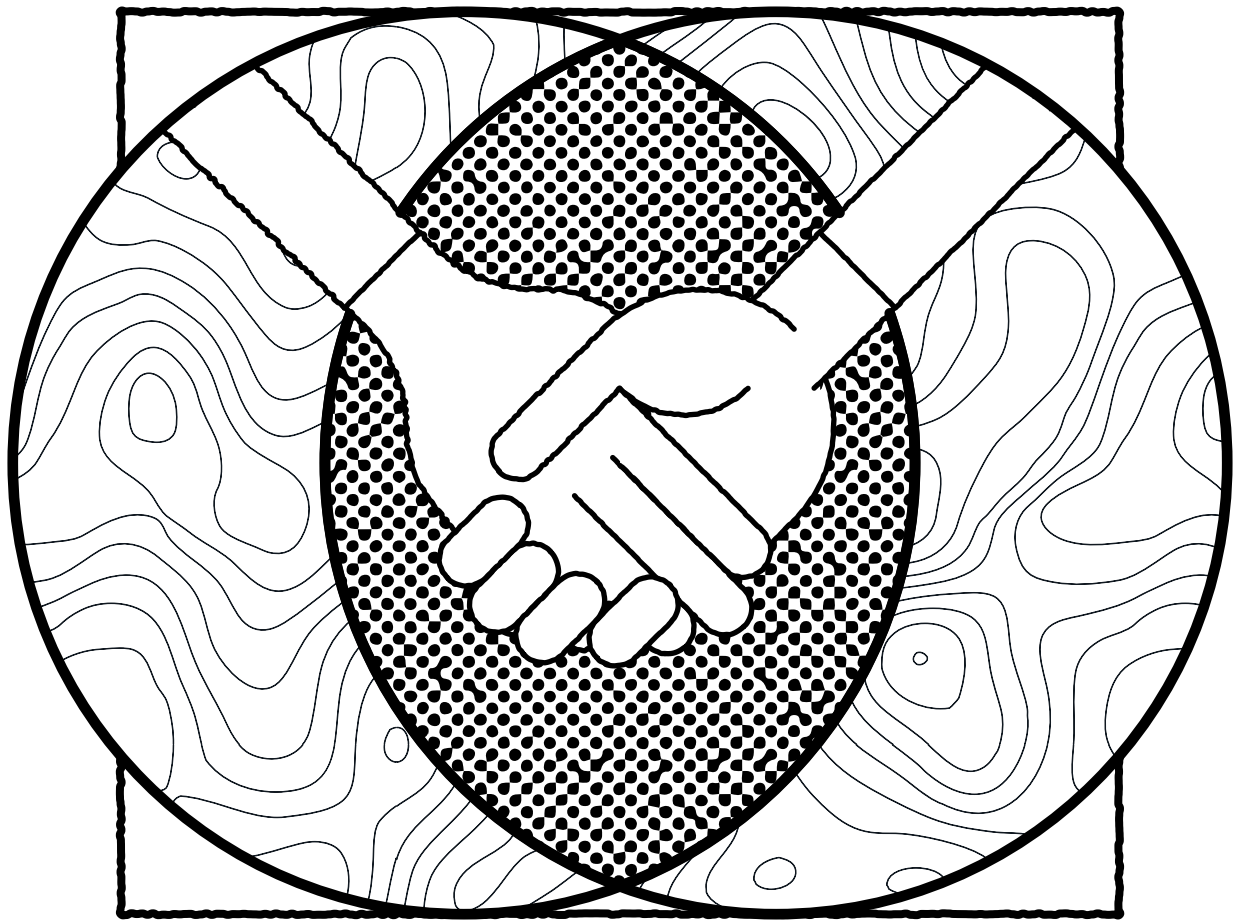
Solution:

One way to solve a problem.



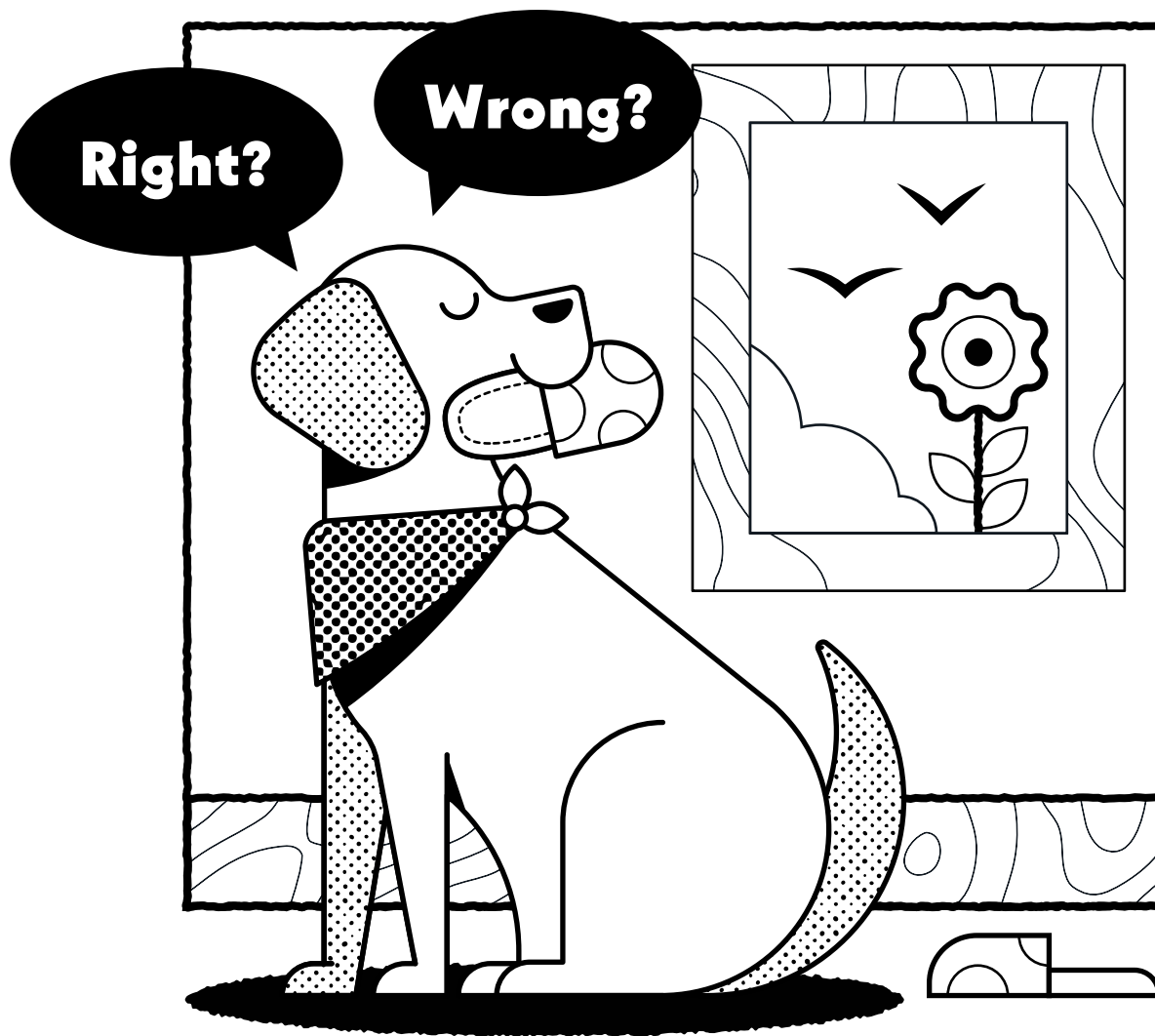
Consequences:

The positive or negative results of our actions.



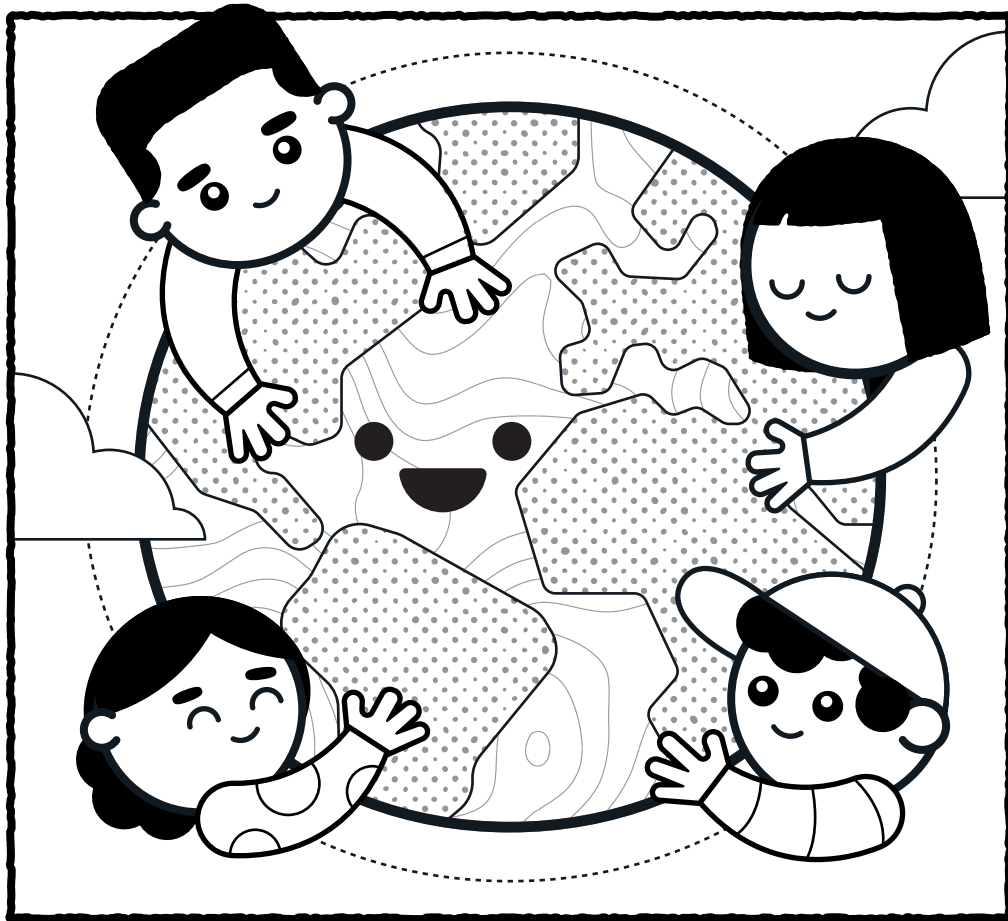
Compromise:

When each person gives a little something to reach an agreement.



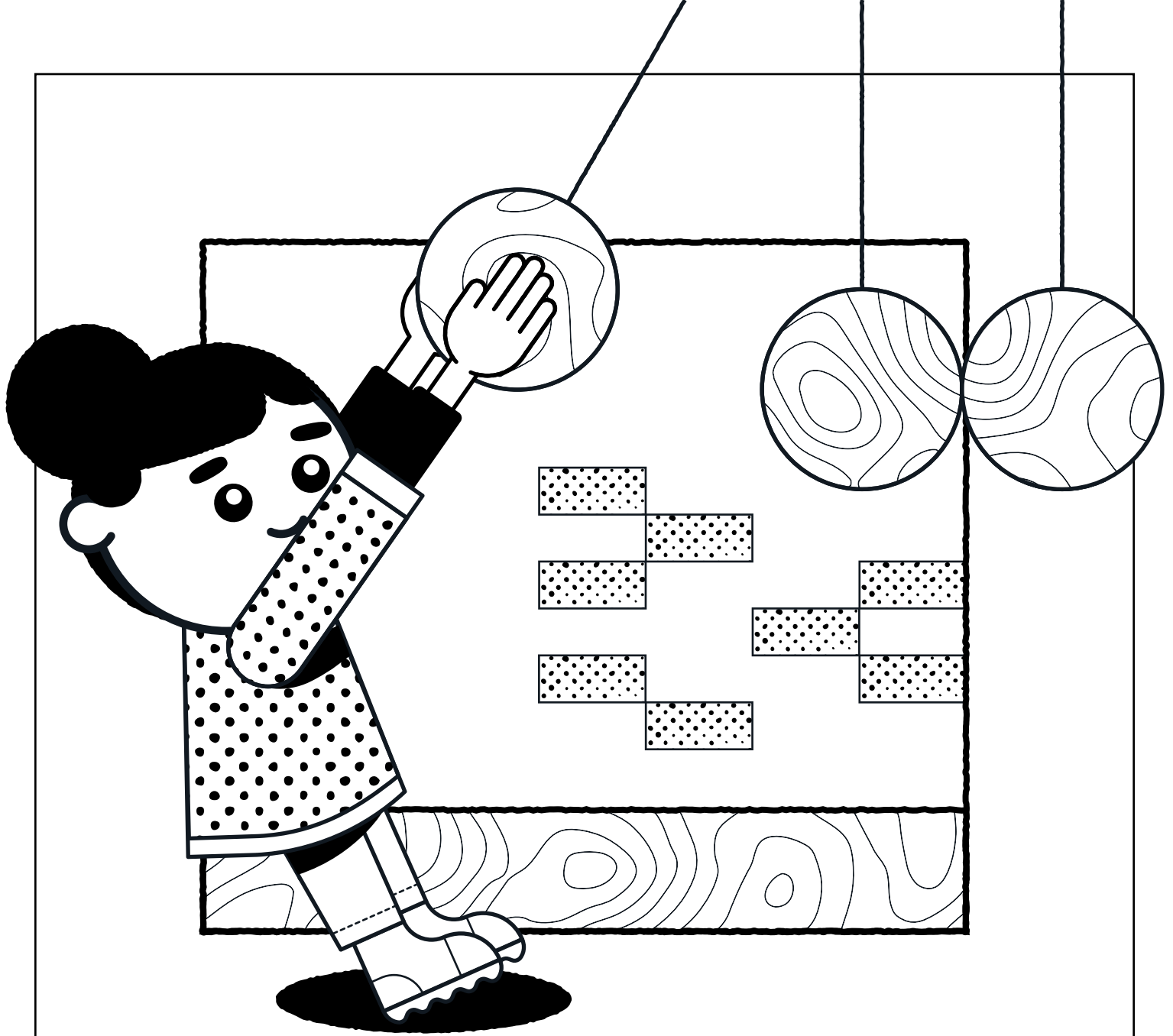
Ethics:

The act of deciding if something is right or wrong.



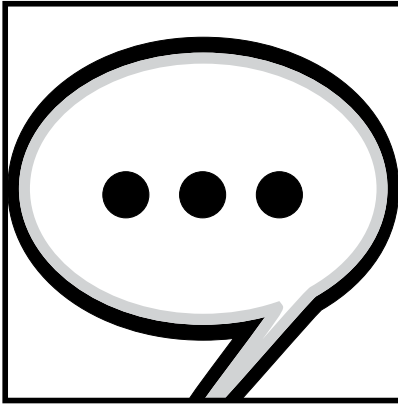
Society:

A group of people who live together or interact in a community.



Impact:

The changes that happen because of an action. Changes can include how it will effect us, others, and the world.



SOCIAL- AWARENESS

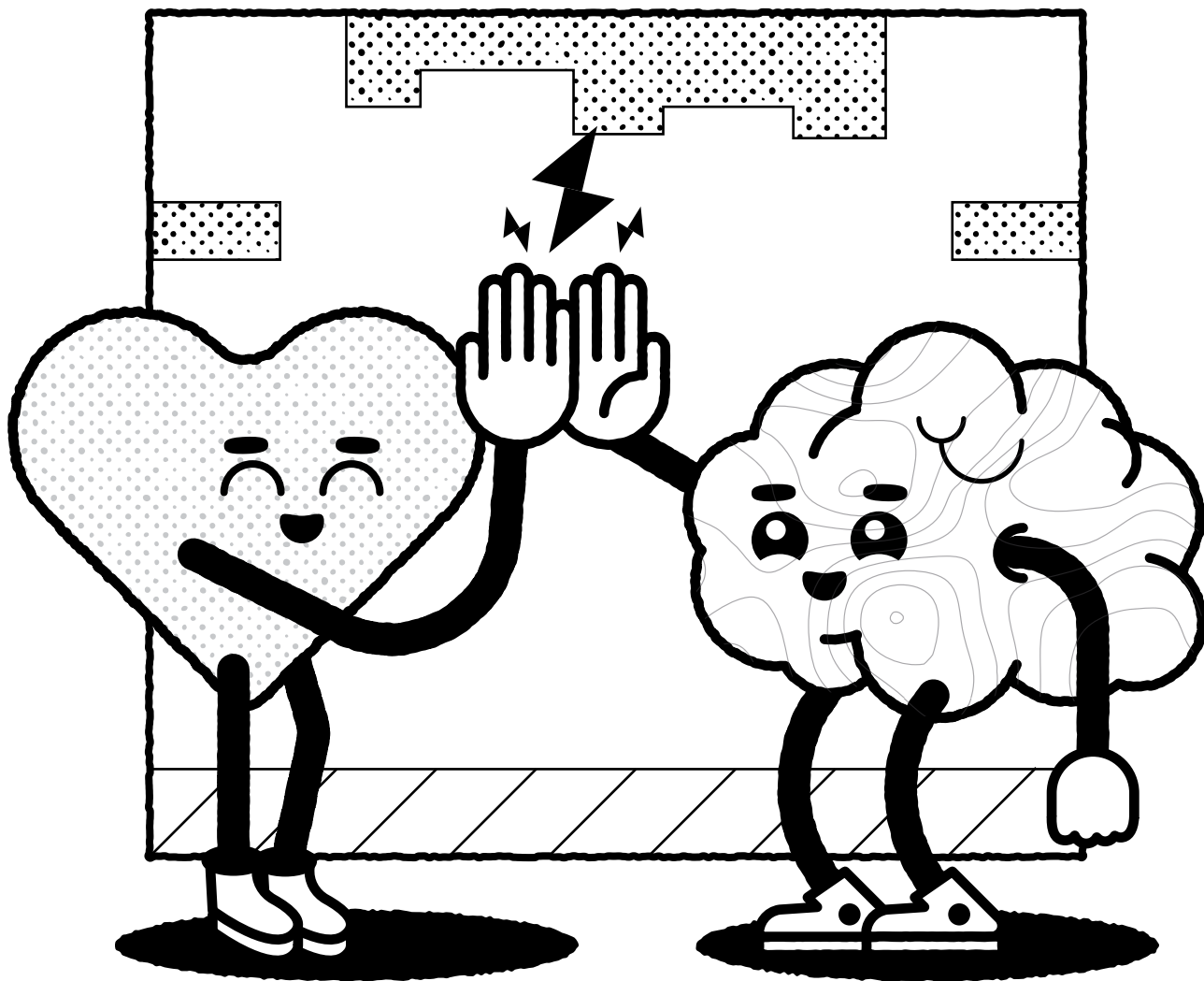
Social-Awareness:

The ability to take the perspectives of
and empathize with others.

CULTURE

Culture:

The 'way of life' of groups of people. Culture can be seen in art, rituals, traditions, dress, or food. Culture shapes how we understand the world, ourselves, and others.



Empathy:

The ability to understand and connect to what someone else is feeling.



Gratitude:

Noticing and appreciating the people, experiences, opportunities or things we have in our life.



Diversity:

The ways we are different and have unique qualities.

BELIEF

Belief:

A firm thought that something is true,
even if it cannot be proven.

TRADITIONS

Traditions:

Information, beliefs or ways of doing things taught and repeated over time.

COMPASSION

Compassion:

Showing care or concern for someone;
putting empathy into action.

EQUAL

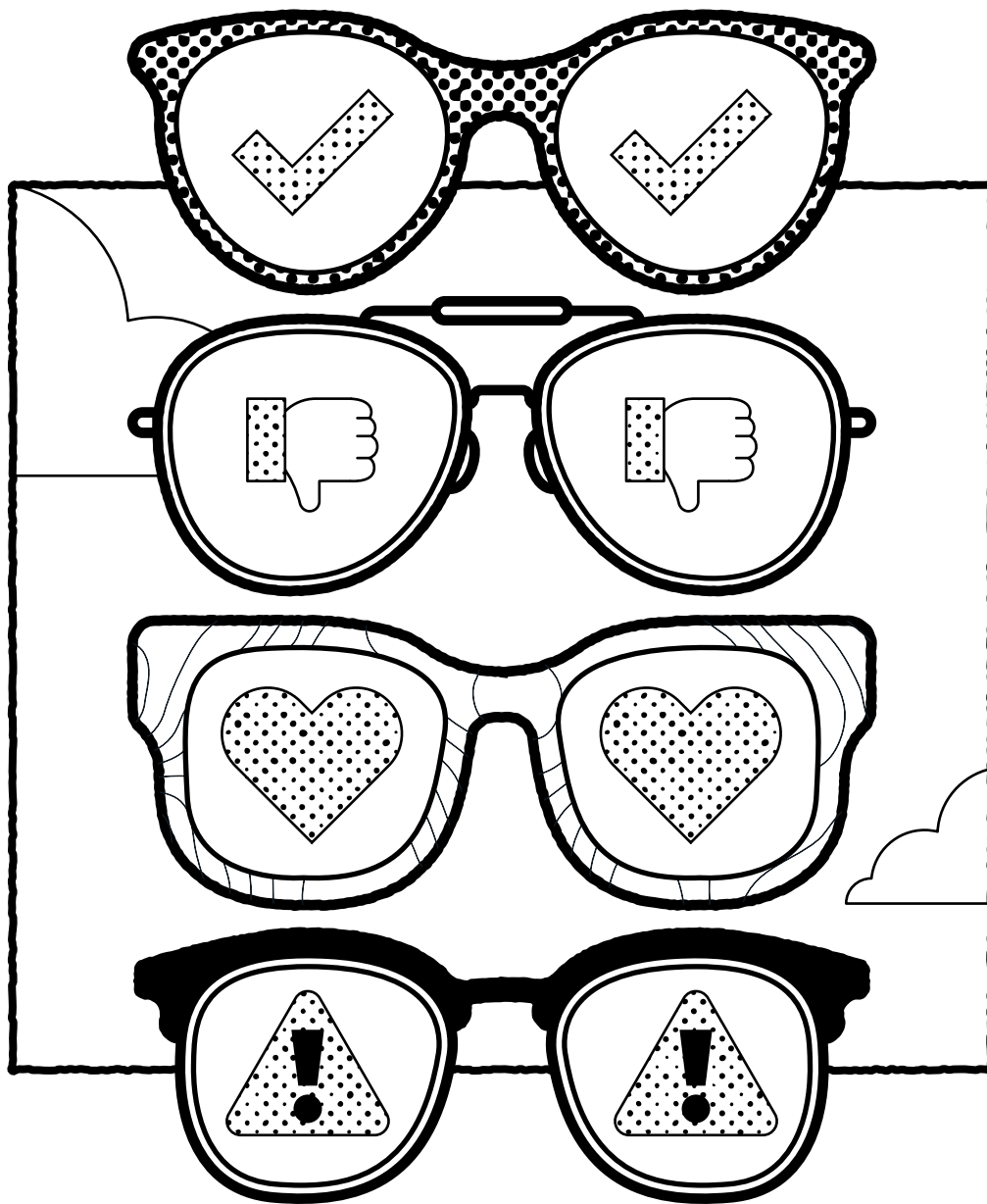
Equal:

Everyone gets the same thing.



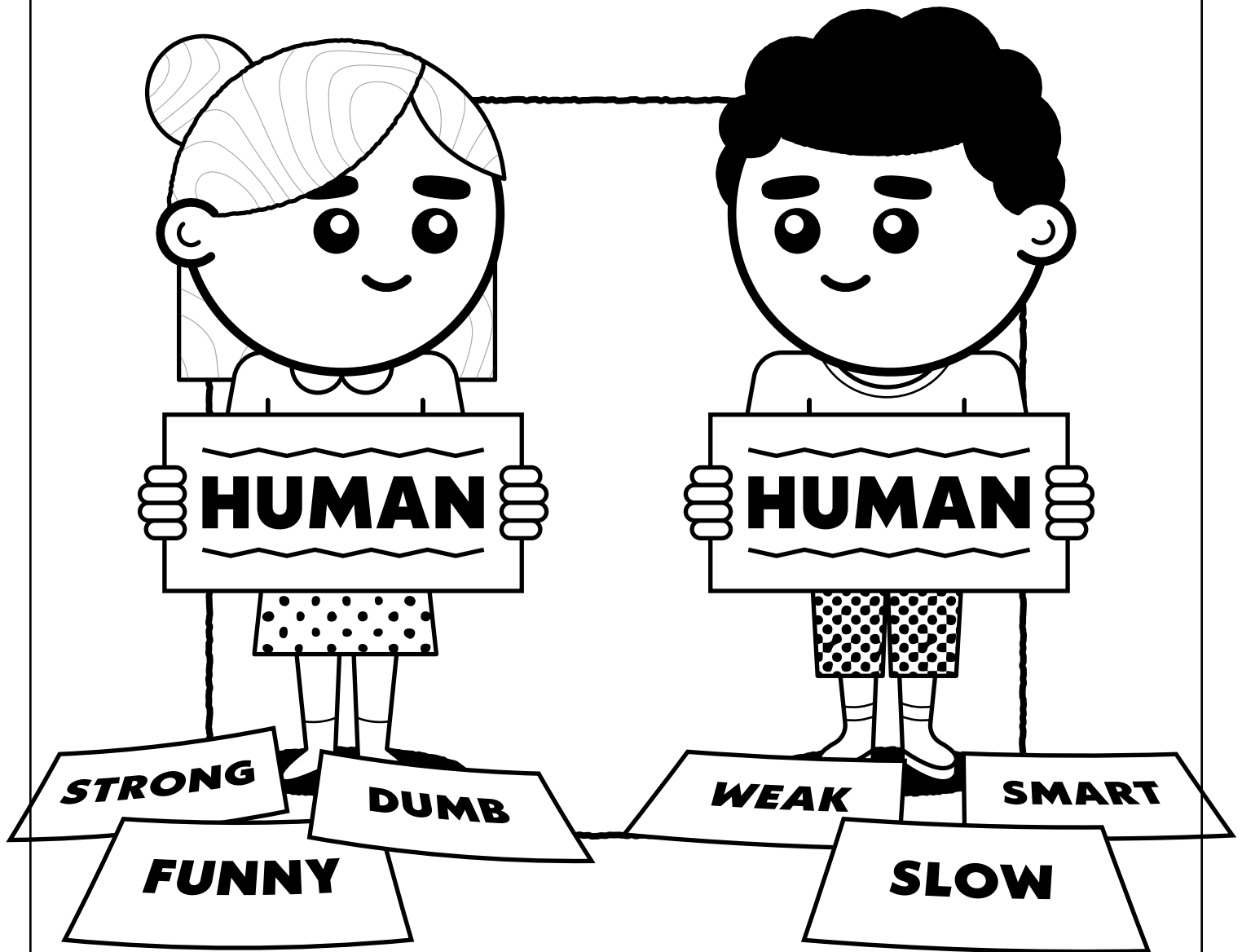
Fair:

Everybody gets what they need,
when they need it.



Bias:

A negative or positive belief about someone or something that impacts our thoughts and sometimes our actions.



Stereotype:

A set of assumptions used to describe a group of people.

RACE

Race:

A grouping of people that share the same physical traits such as skin color, hair, or facial features.

ASSUMPTION

Assumption:

An idea that is accepted as true or likely to happen without proof or evidence.

ETHNICITY

Ethnicity:

A grouping of people according to shared culture, language, or geographic region.

STAND UP!

SPEAK UP!

AND ACT!

Advocate:

To stand up for yourself or others.