



## **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**

A state of mind or a feeling that may come from our circumstances, mood, or relationships. Emotions give us information about what we are going through.

# UNCOMFORTABLE EMOTIONS

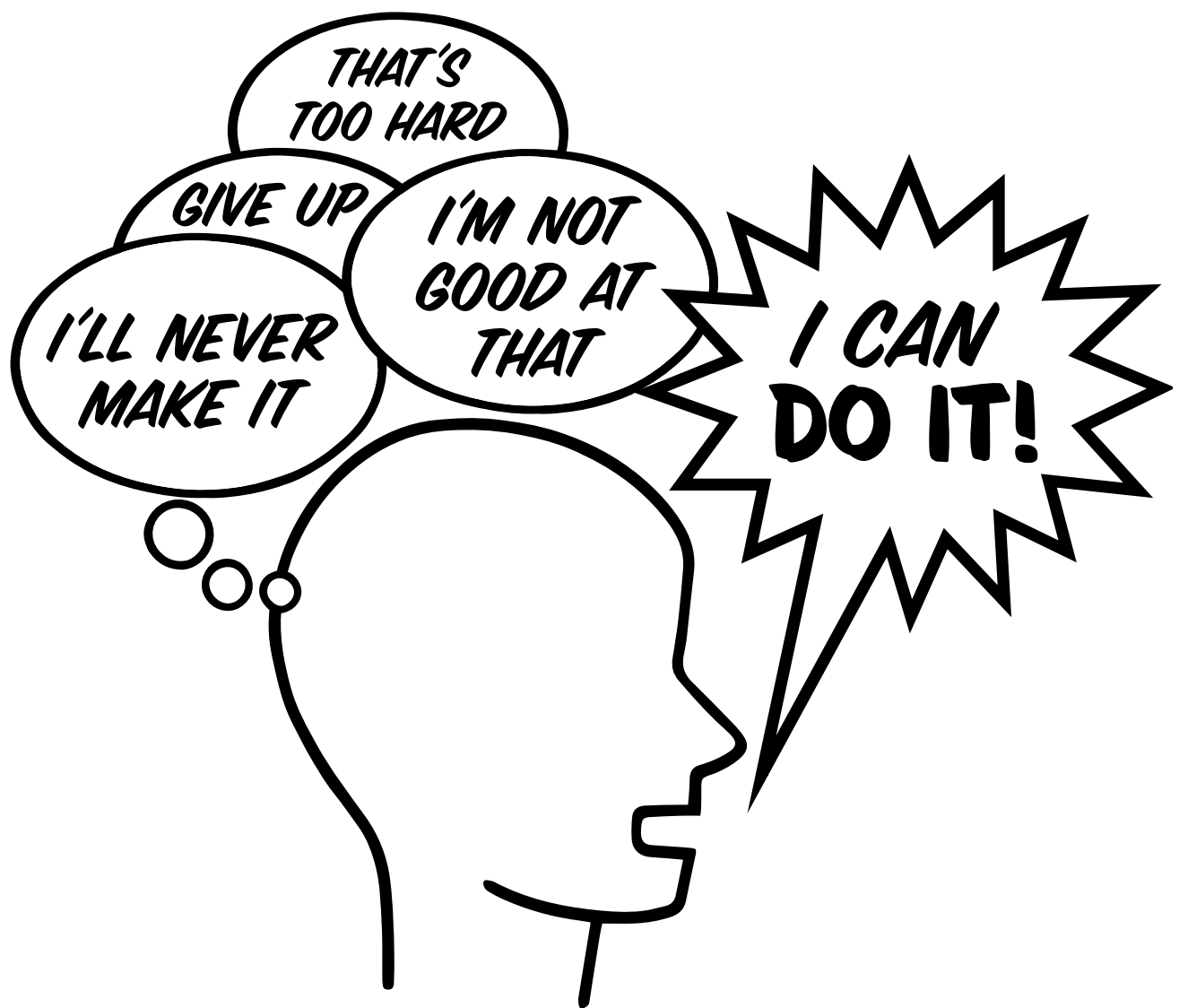
## **Uncomfortable Emotions**

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

# COMFORTABLE EMOTIONS

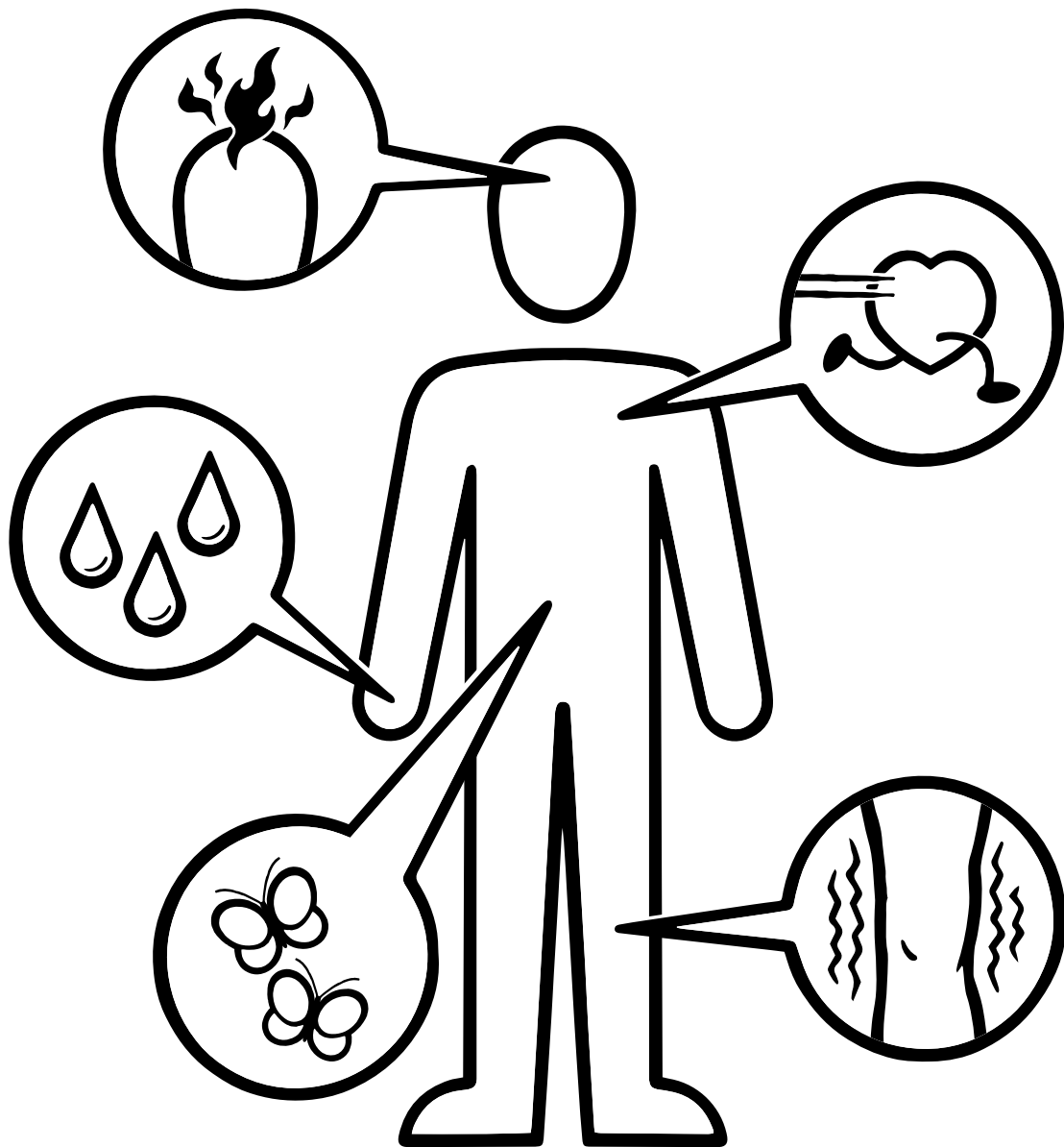
## **Comfortable Emotions**

Feelings we enjoy and seek to experience.



## Self-Talk

Our internal dialogue that can be either positive or negative.



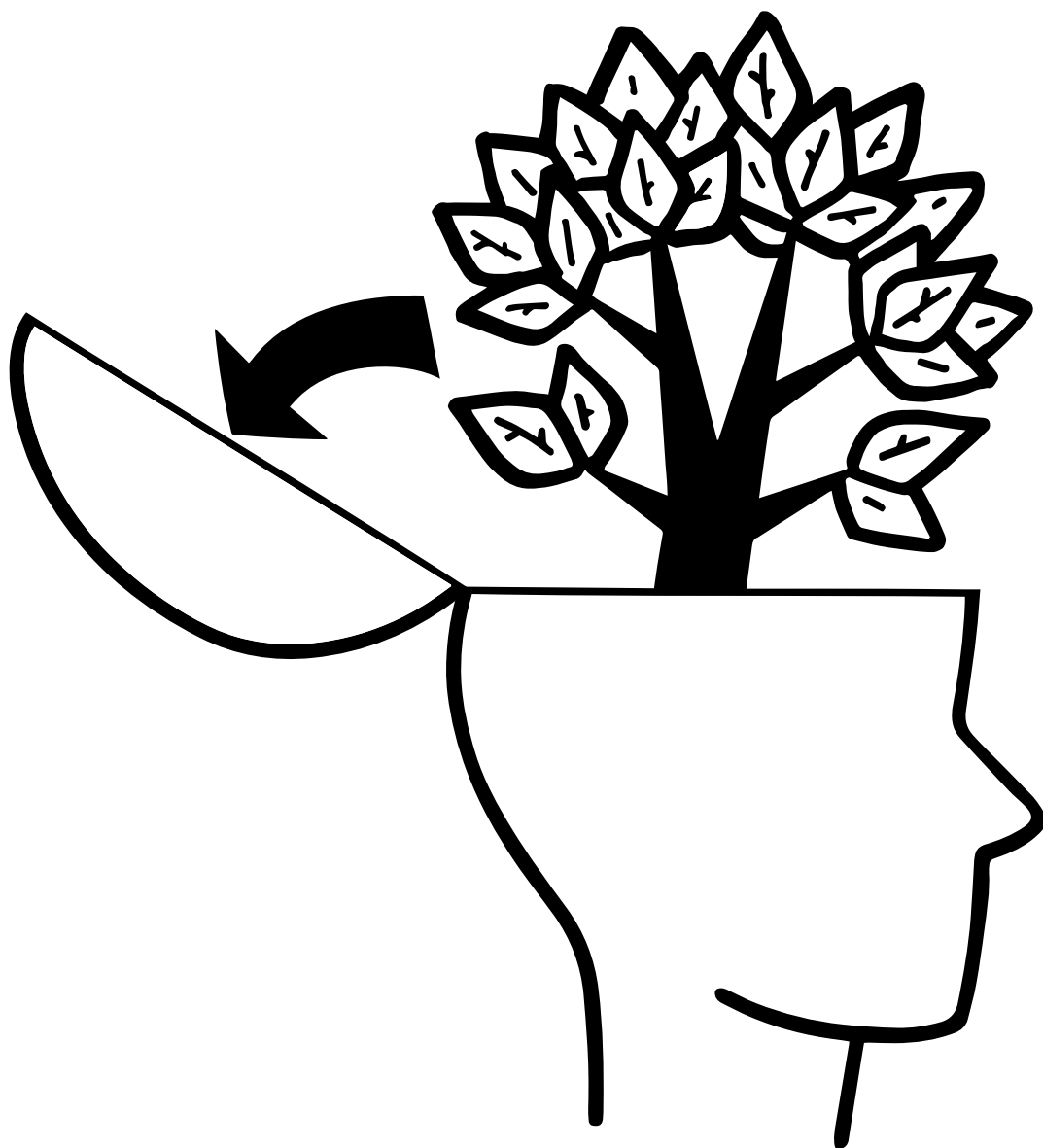
## Body Signals

The emotional signposts our body uses to help us identify, recognize, and manage our emotions.

# TRIGGER

## **Trigger**

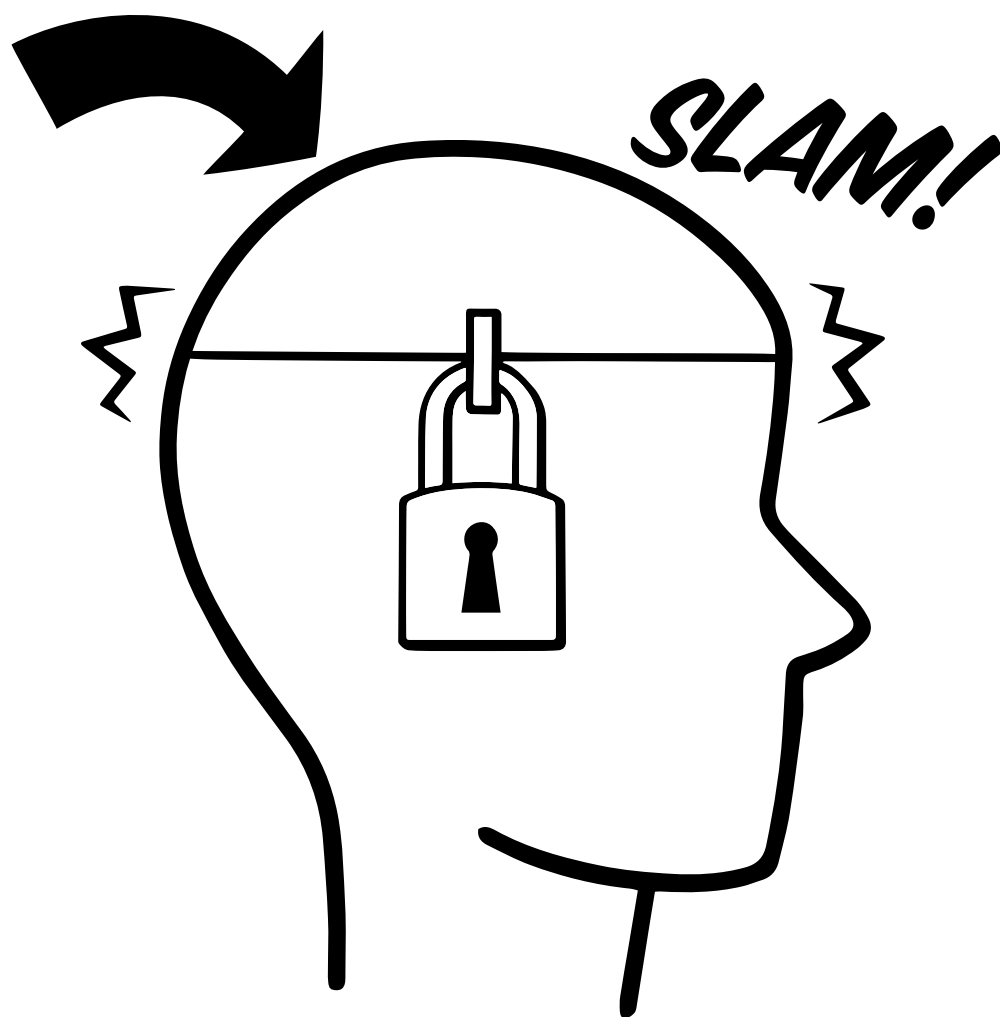
An event, situation, person, or action that brings about an emotion.



# **Growth Mindset**

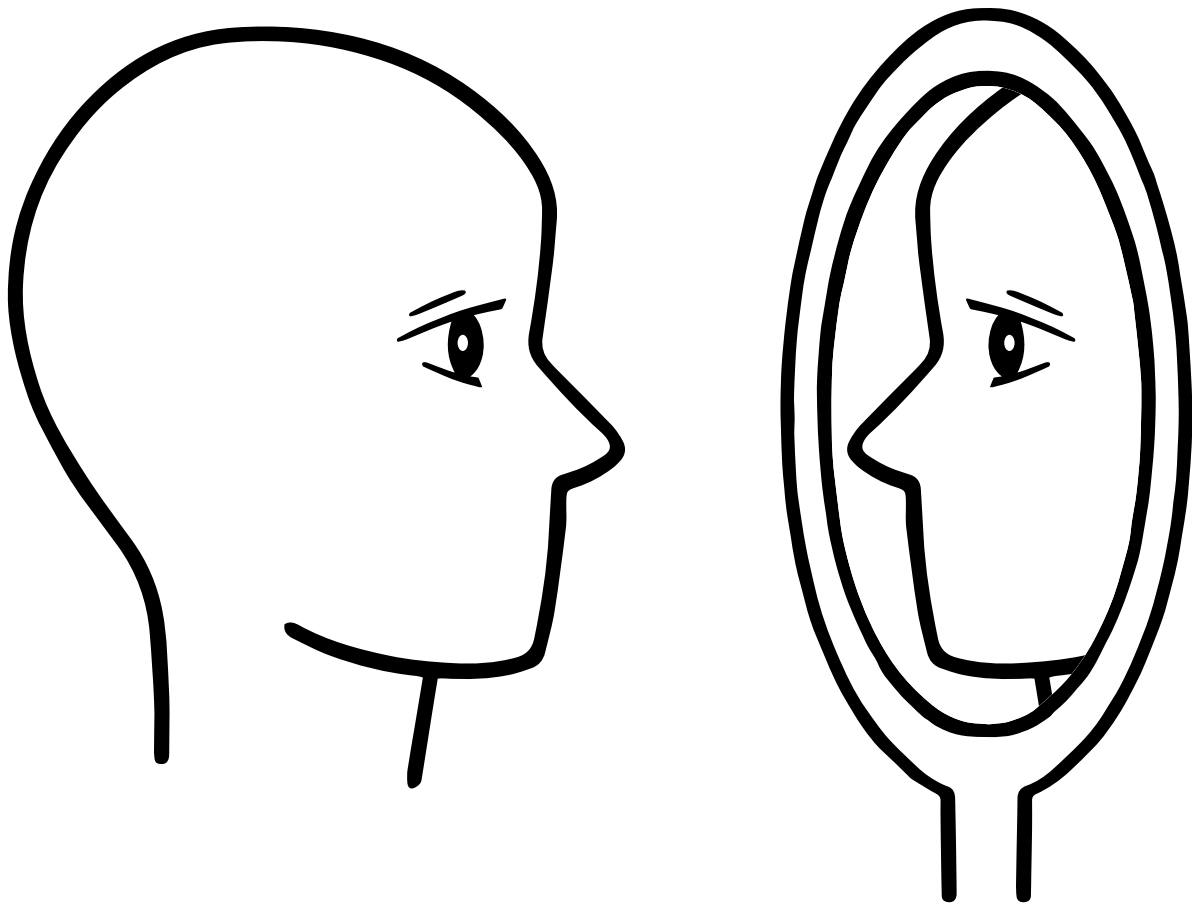
Belief in our ability to grow by persevering through challenges and finding success within failure.





## **Fixed Mindset**

Belief that our qualities, talents and intelligence are fixed traits and cannot be changed.



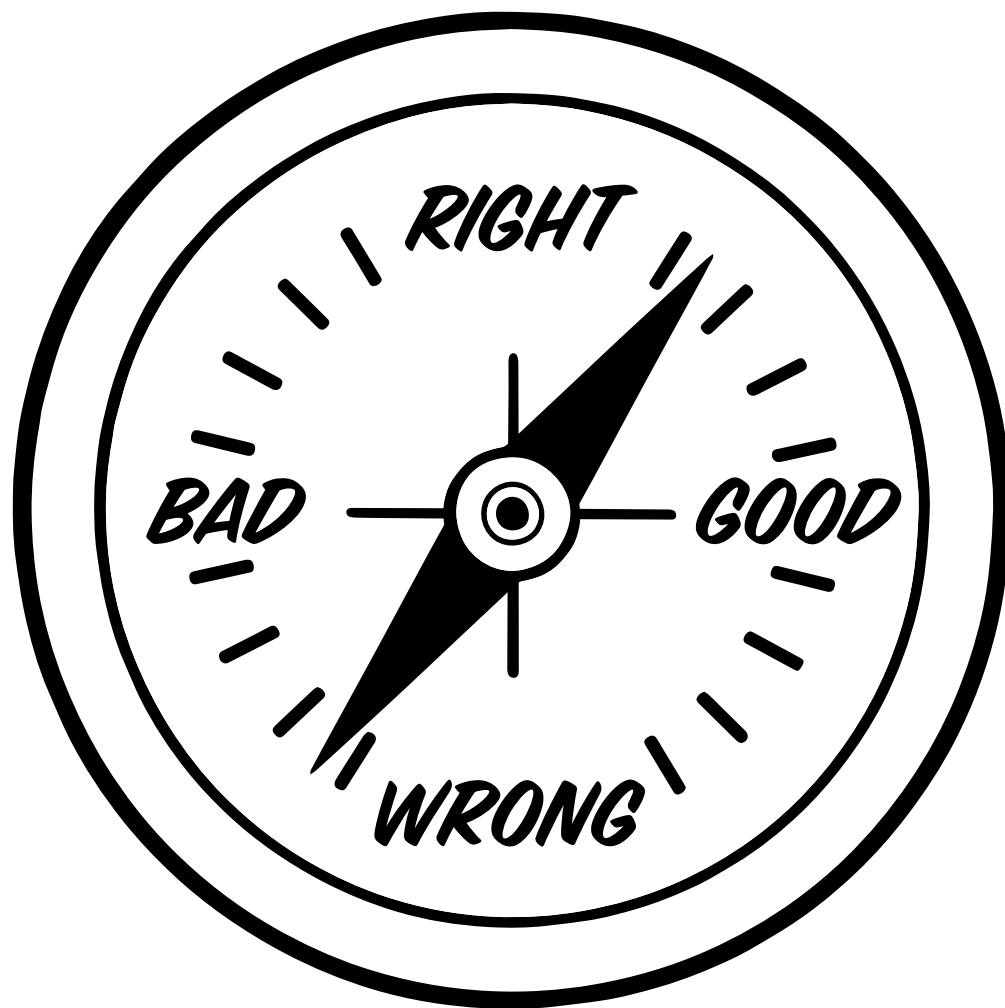
# Identity

The experiences, relationships, beliefs and values that make us who we are and create our sense of self.

# SOCIAL GROUP

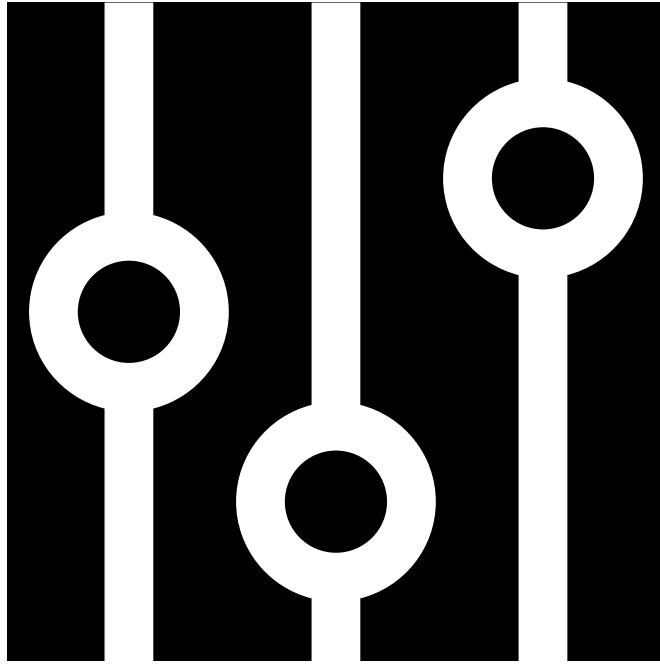
## **Social Group**

Two or more people, who share certain characteristics, interact with one another, share similar interests or values.



# Values

Personal beliefs such as honesty, kindness, and integrity that guide our decisions and are reflected through our actions. Our values give us the strength to stay true to ourselves even when it is hard.



# **Self-Management**

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

# STRESS

## **Stress**

Our body's emotional and/or physical reaction to changes, challenges, or uncomfortable situations.

# UNHEALTHY STRESS

## **Unhealthy Stress**

Stress that acts as barrier to our success or happiness. It negatively impacts our routines, or our physical or emotional wellbeing.



# Perseverance

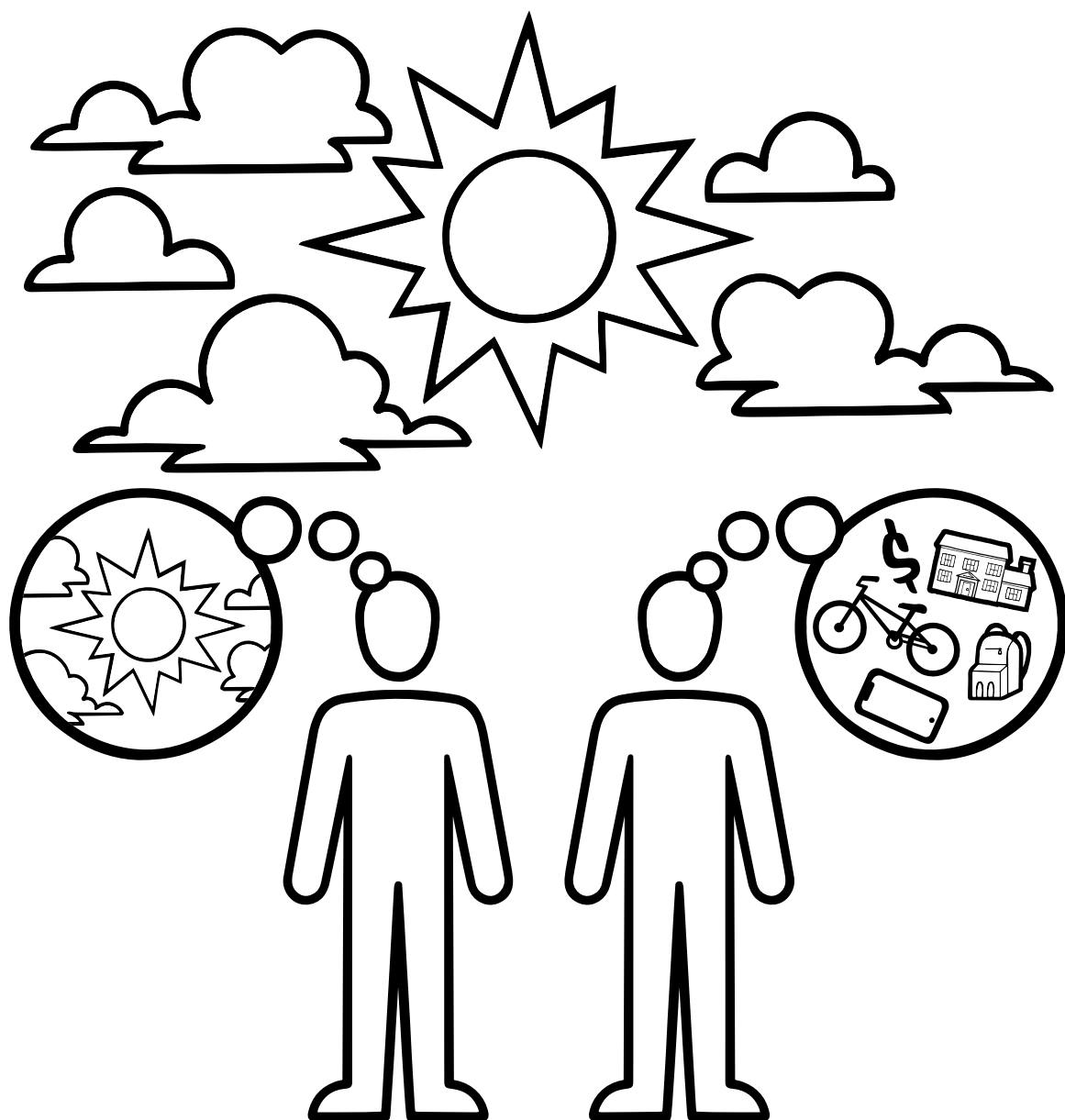
Continued effort to achieve something despite difficulties, failures, or opposition.





# Optimism

Hopefulness and confidence about the future or the successful outcome of something.



# Mindfulness

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

# TIME MANAGEMENT

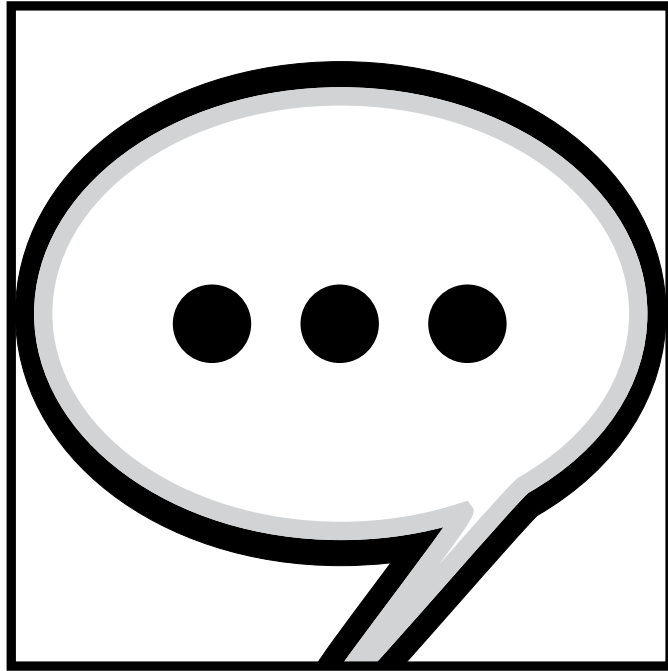
## **Time Management**

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

# SMART GOAL

## **Smart Goal**

A goal that is Specific, Measurable,  
Achievable, Relevant and Time-bound.



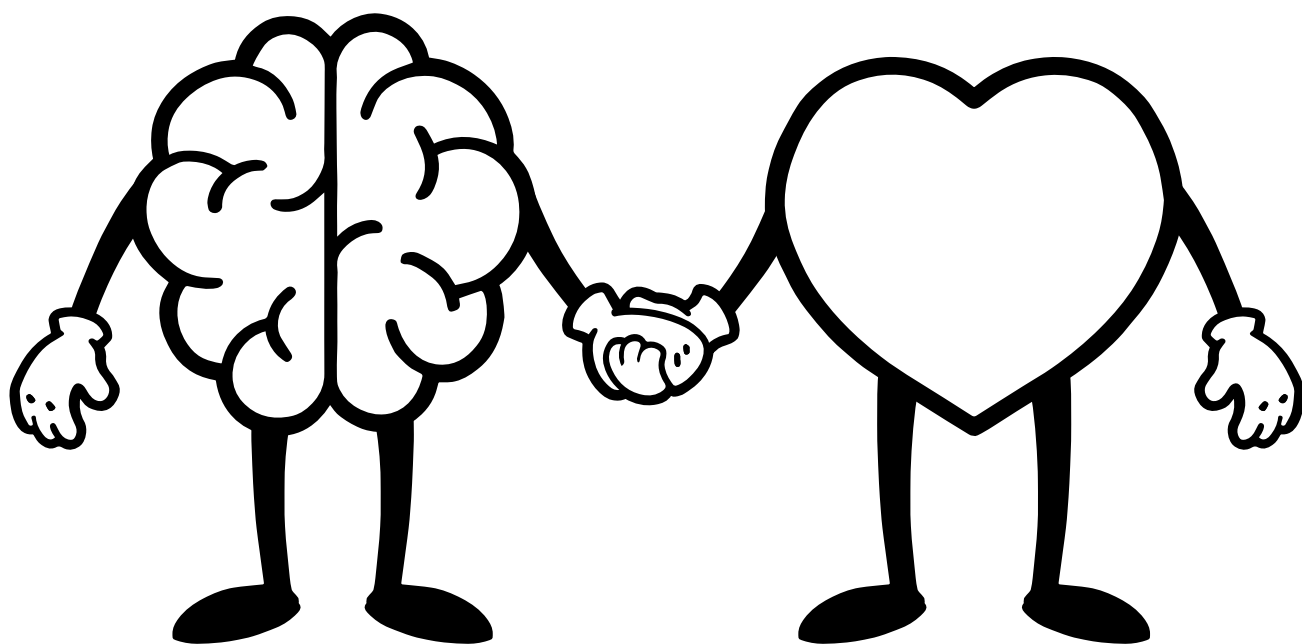
# **Social Awareness**

The ability to take the perspectives of and empathize with others

# CULTURE

## **Culture**

The 'way of life' of groups of people. Culture is formed by a group's, values, beliefs, and attitudes. Culture can be seen in art, rituals, traditions, dress, or food. Culture shapes how we understand the world, ourselves, and others.



# Empathy

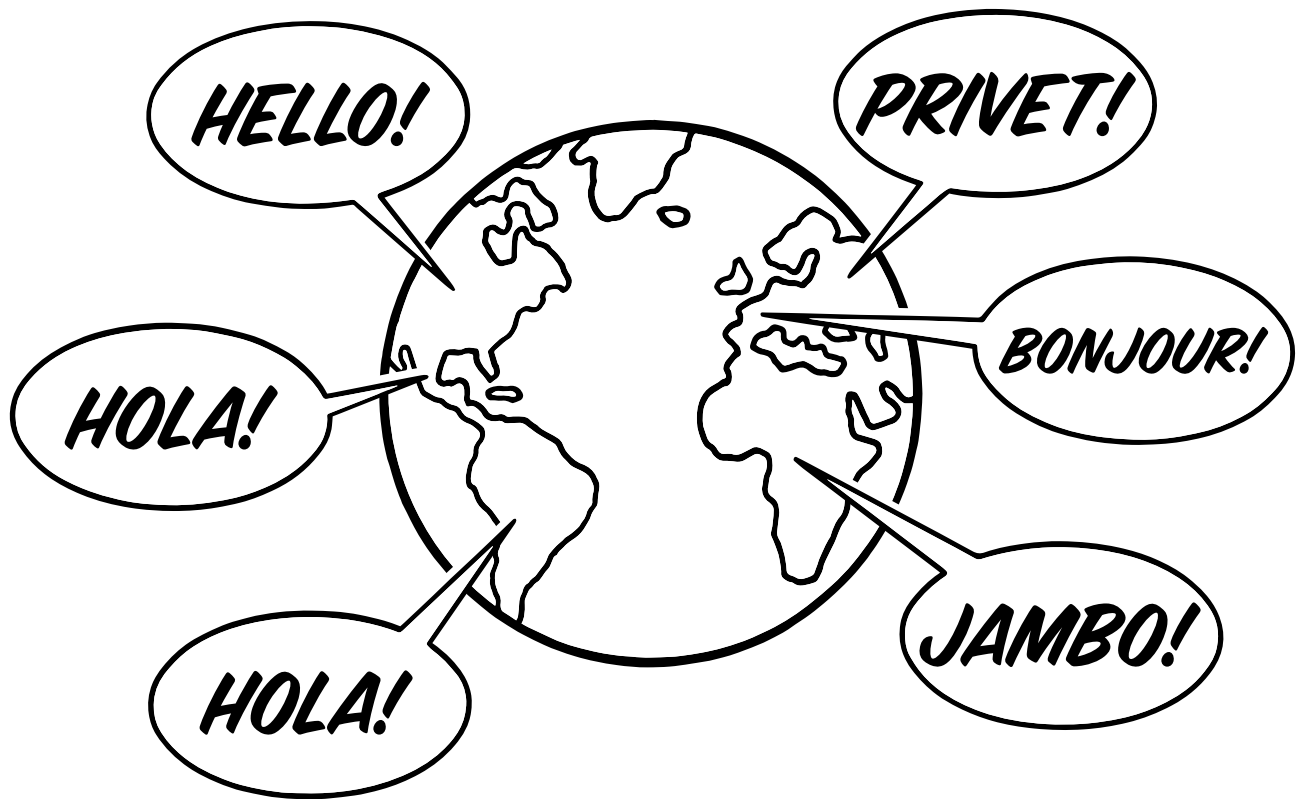
The ability to understand and share the thoughts, perspectives, and emotions of another

# GRATITUDE

## **Gratitude**

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





# Ethnicity

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

# SOCIAL JUSTICE

## **Social Justice**

The view that everyone deserves to enjoy the same rights regardless of their skin color, religion, gender identity, or economic status.

# PERSPECTIVE

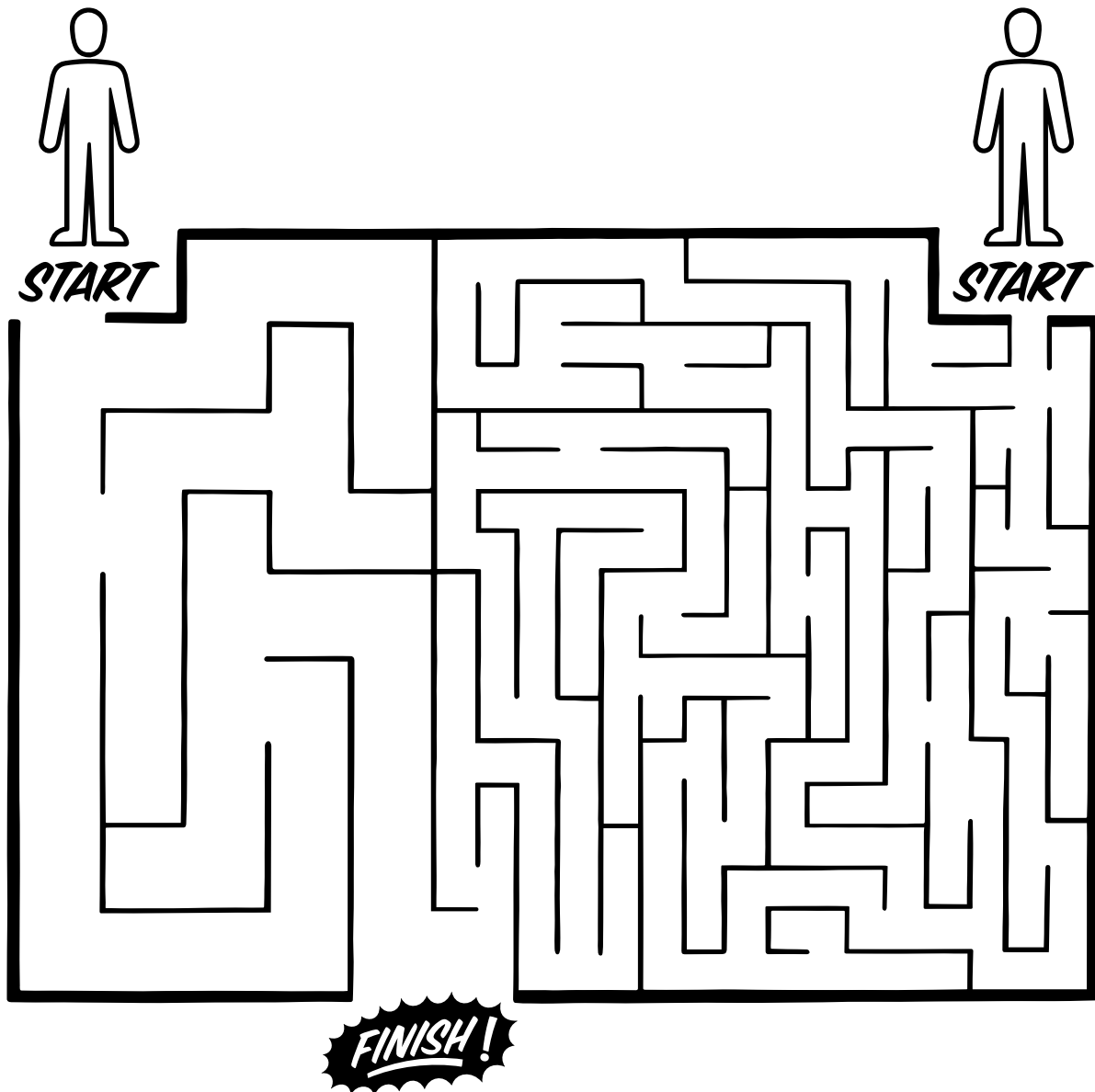
## **Perspective**

How someone thinks or feels about something based on their experience, knowledge or personal preference.



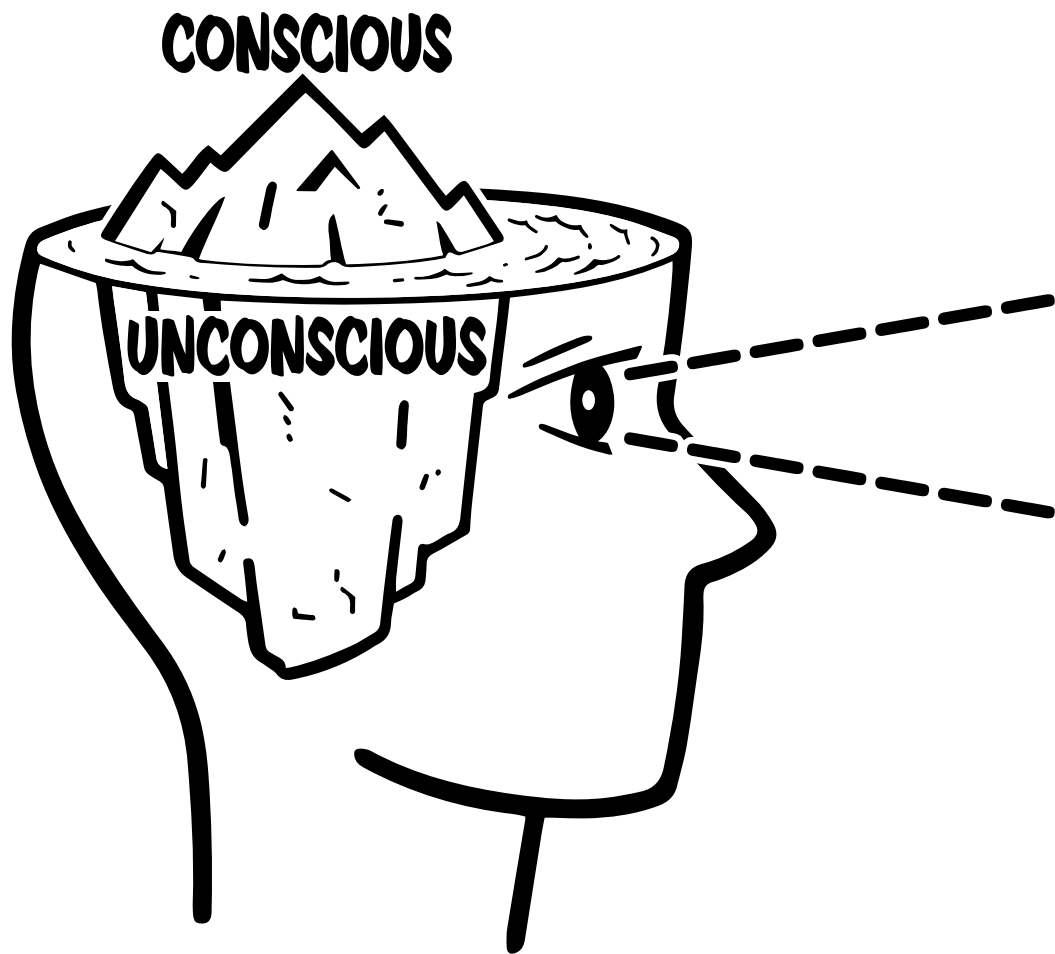
# Sterotype

A set of assumptions used to describe the behavior, attitude, or abilities of a group of people.



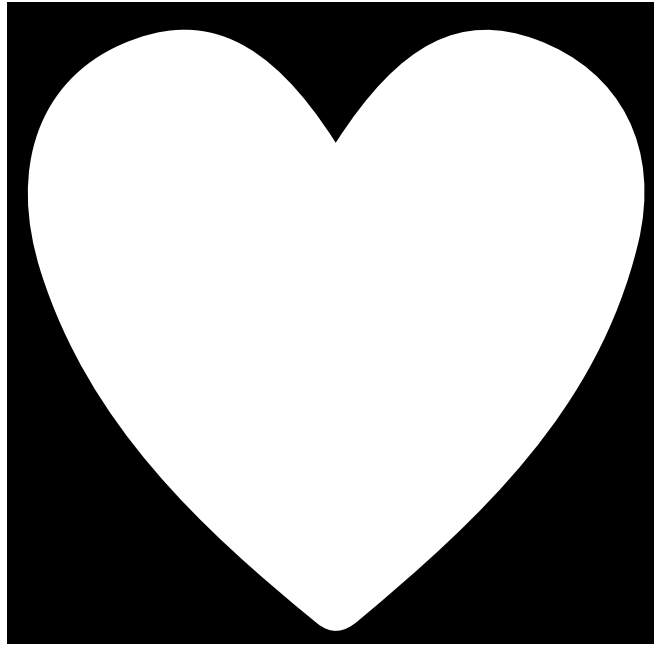
# Discrimination

Unfair treatment due to particular characteristics of a person or group of people.



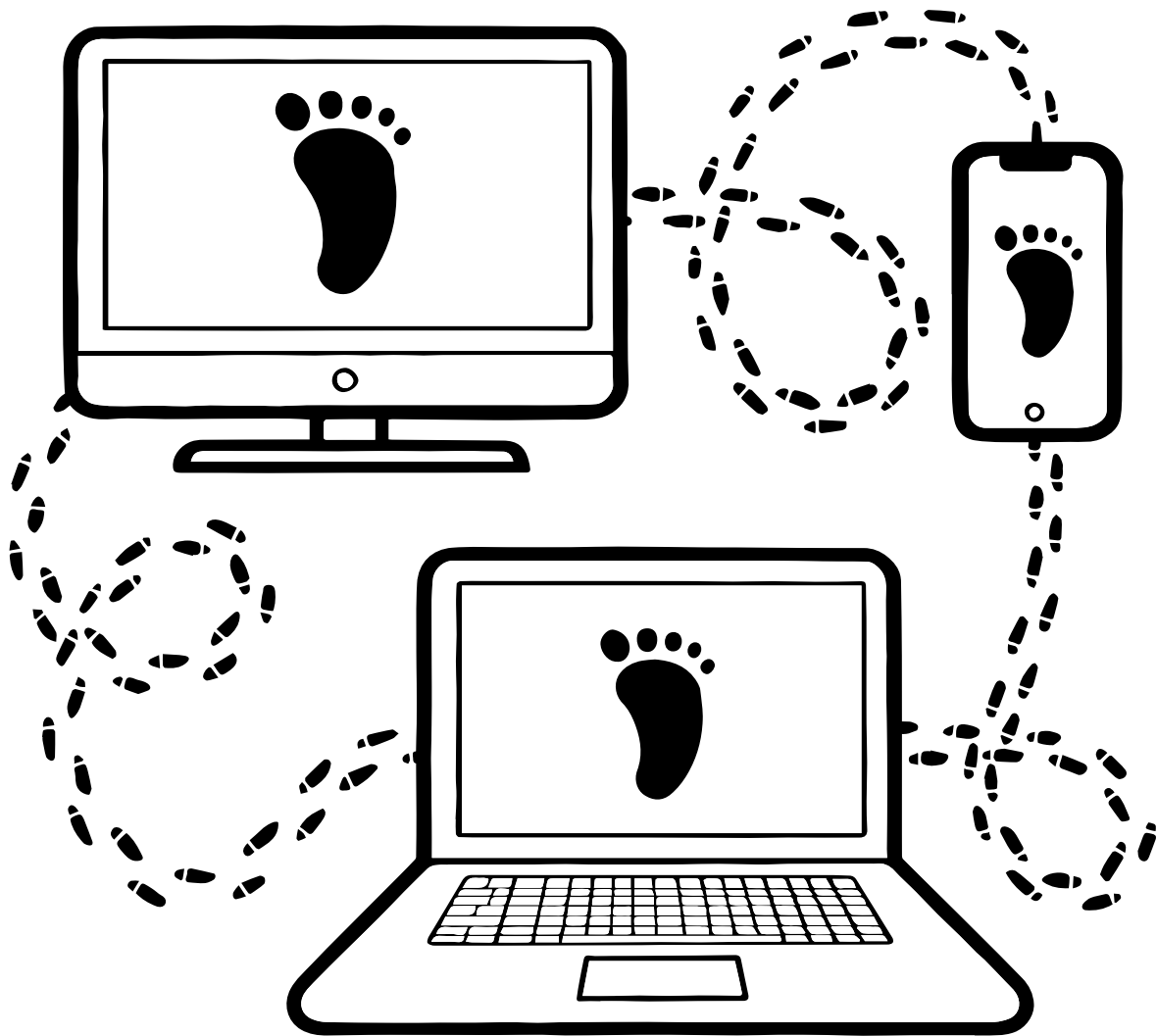
## **Bias**

A conscious or unconscious attitude, belief, or associated stereotype about an individual, organization or social group.



# **Relationship Skills**

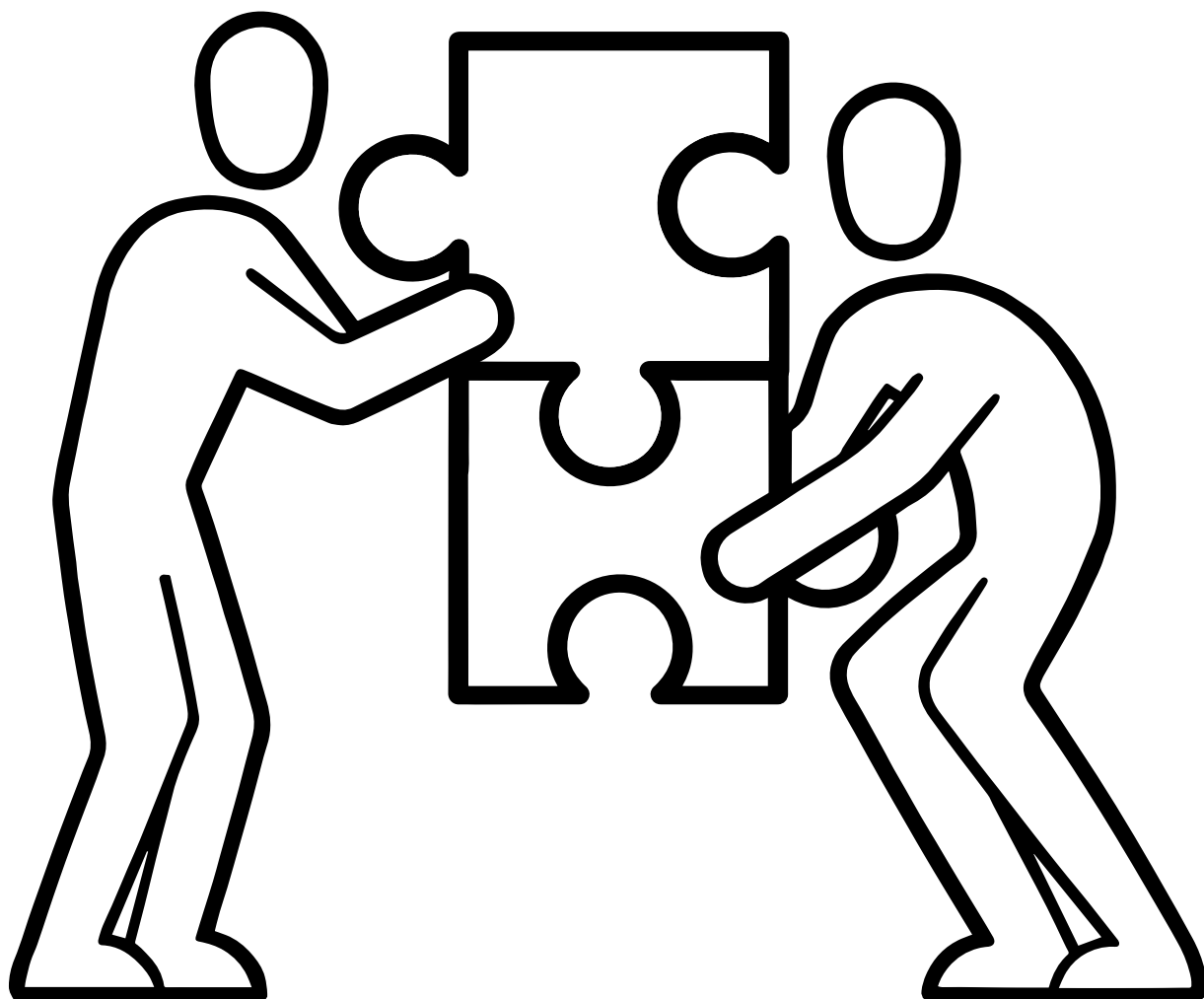
The skills needed to build positive relationships with others.



# Digital Footprint

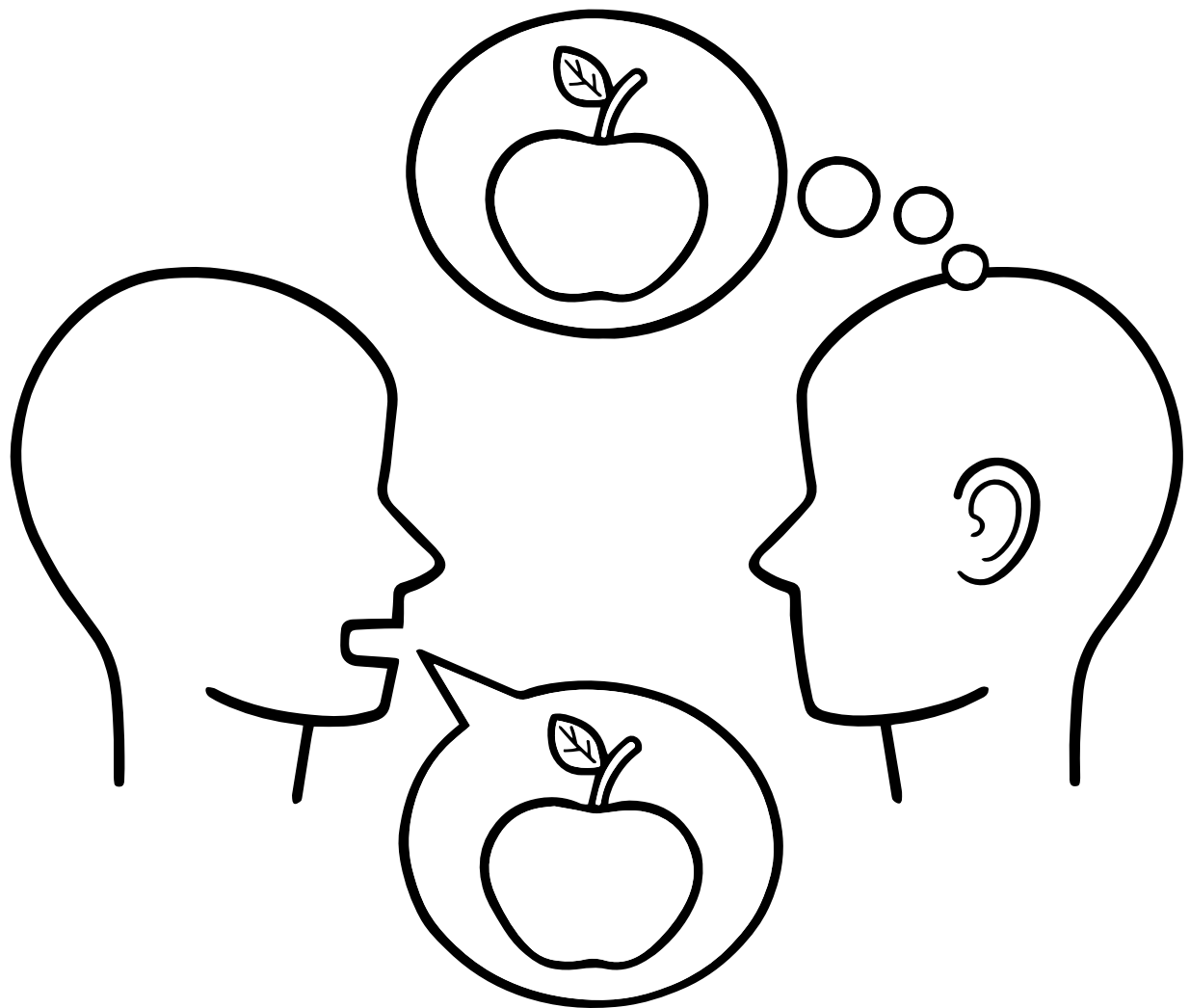
A historical record of an individual's online activity, either posted by them or by others.





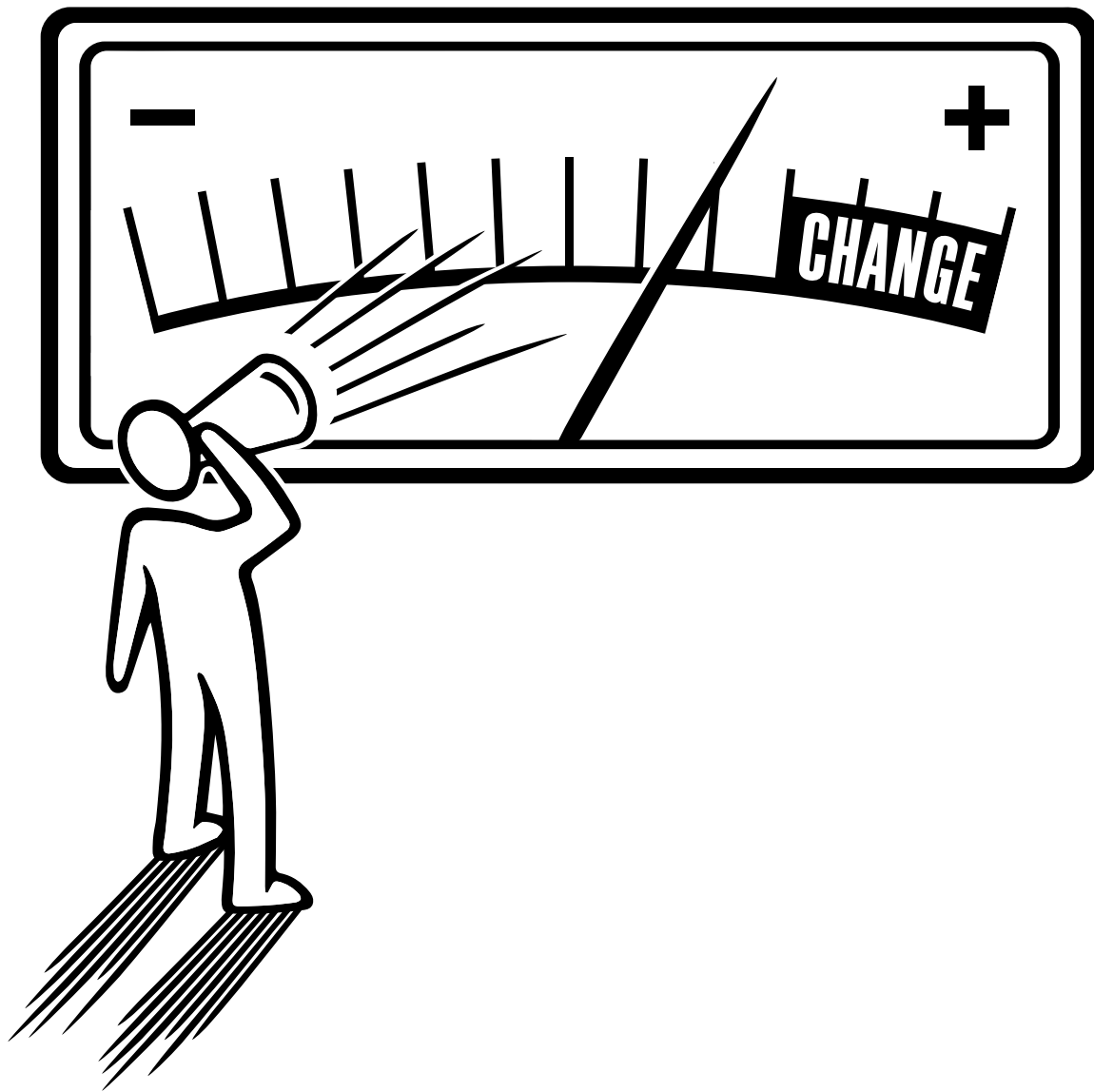
# **Conflict Resolution**

A way for two or more people to find a safe and reasonable solution to a problem.



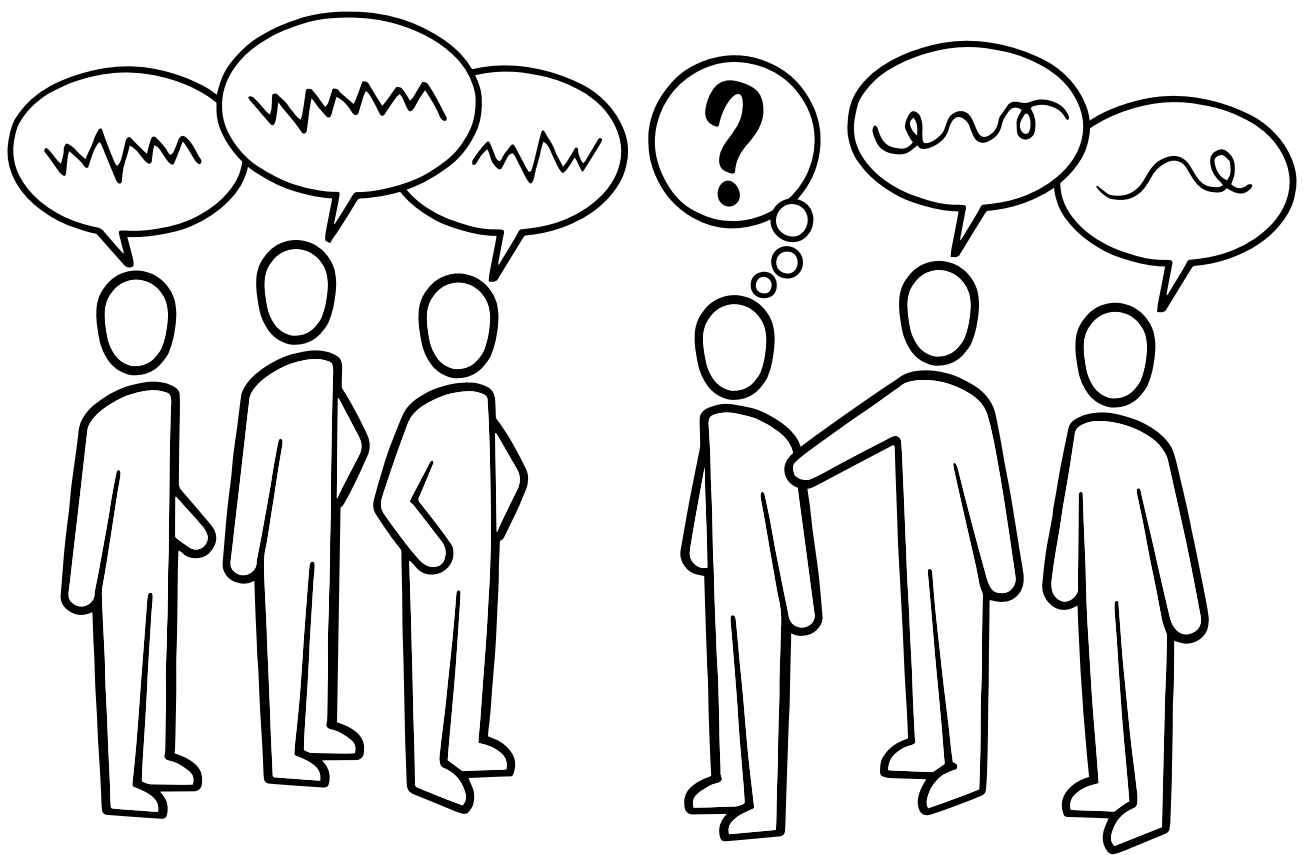
# Active Listening

Intentional actions to fully listen and remember what someone is saying.



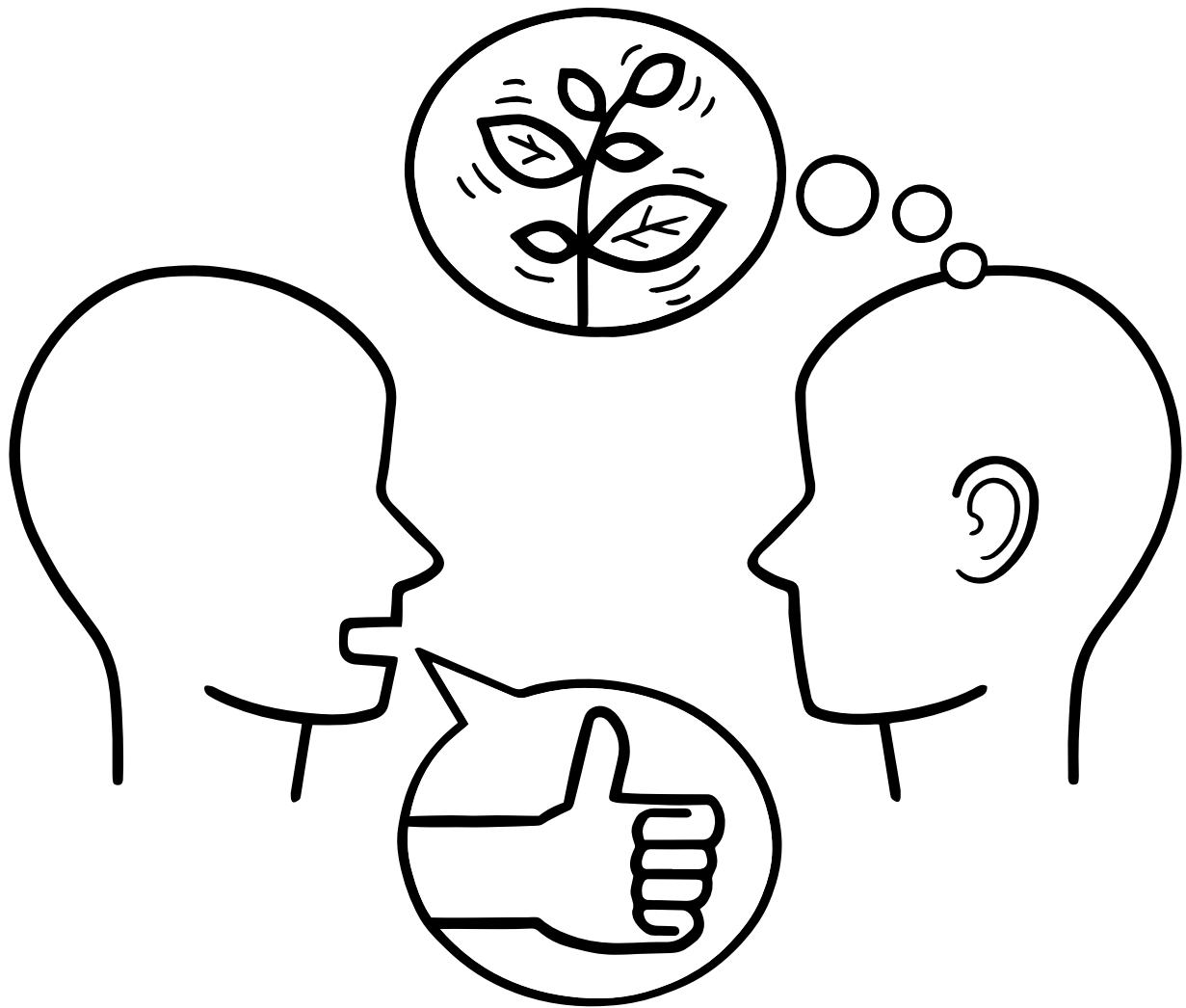
# Advocacy

The act of supporting, defending, or arguing for a specific cause or issue. The purpose of advocacy is to bring about change.



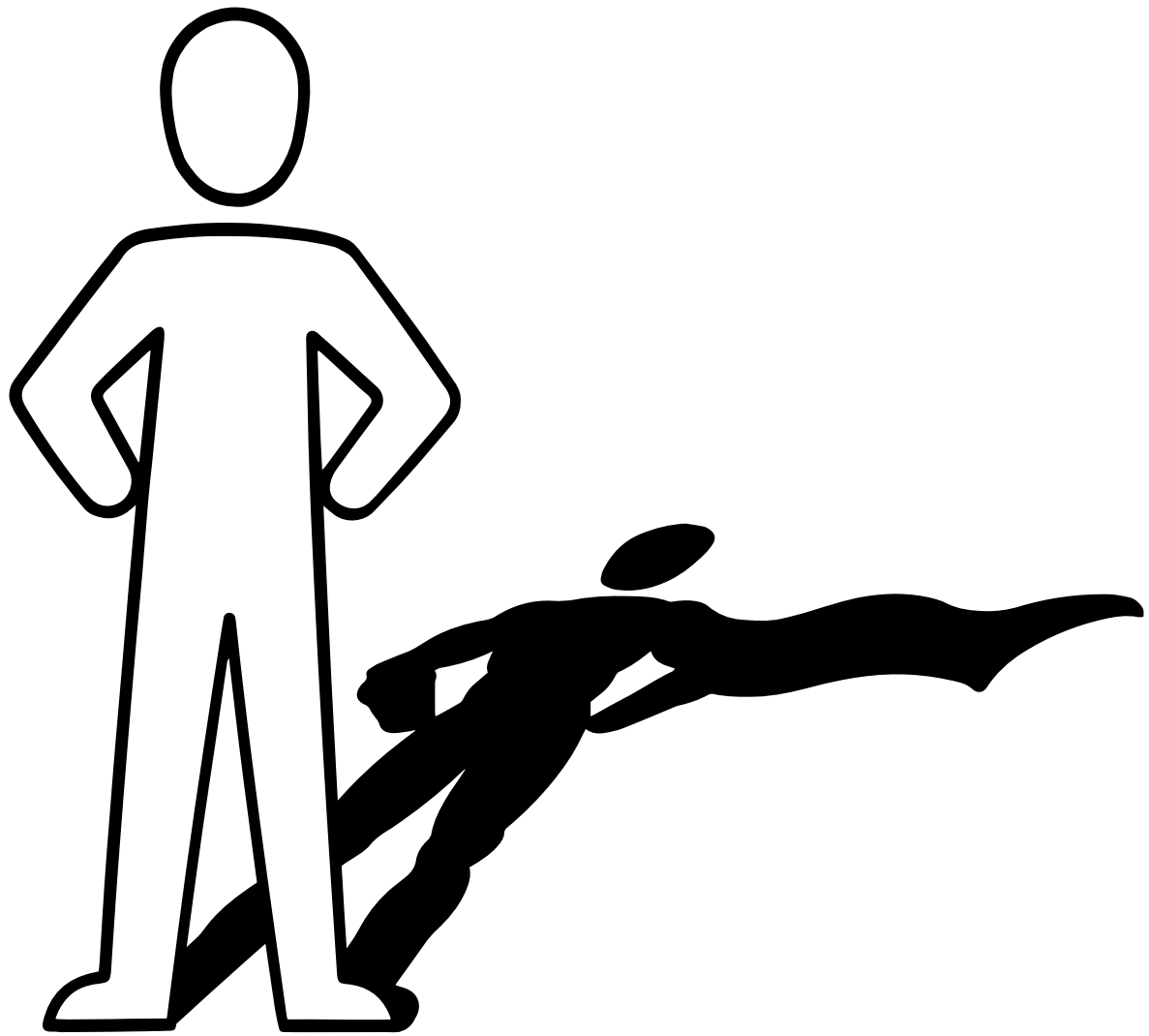
## Peer Pressure

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



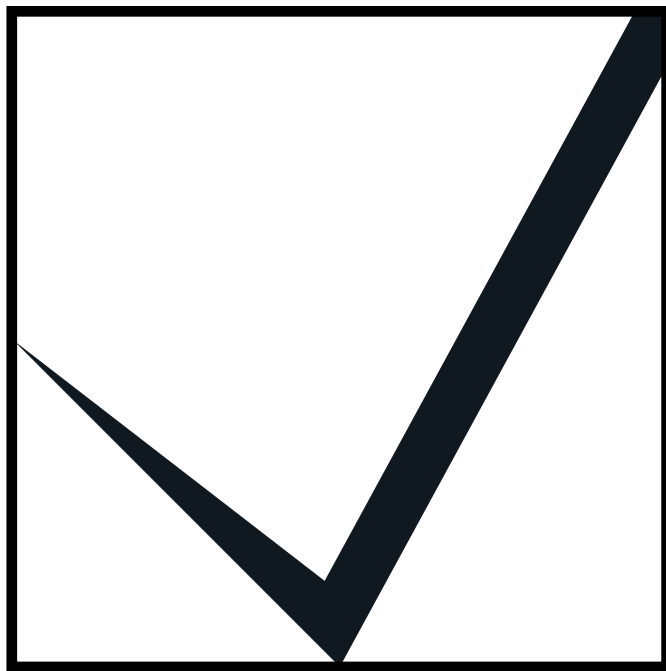
# Constructive Feedback

Suggestions for improvement that are specific, thoughtful, helpful and fuel growth.



# Self-Esteem

A person's overall sense of personal worth or value.



# Decision-Making

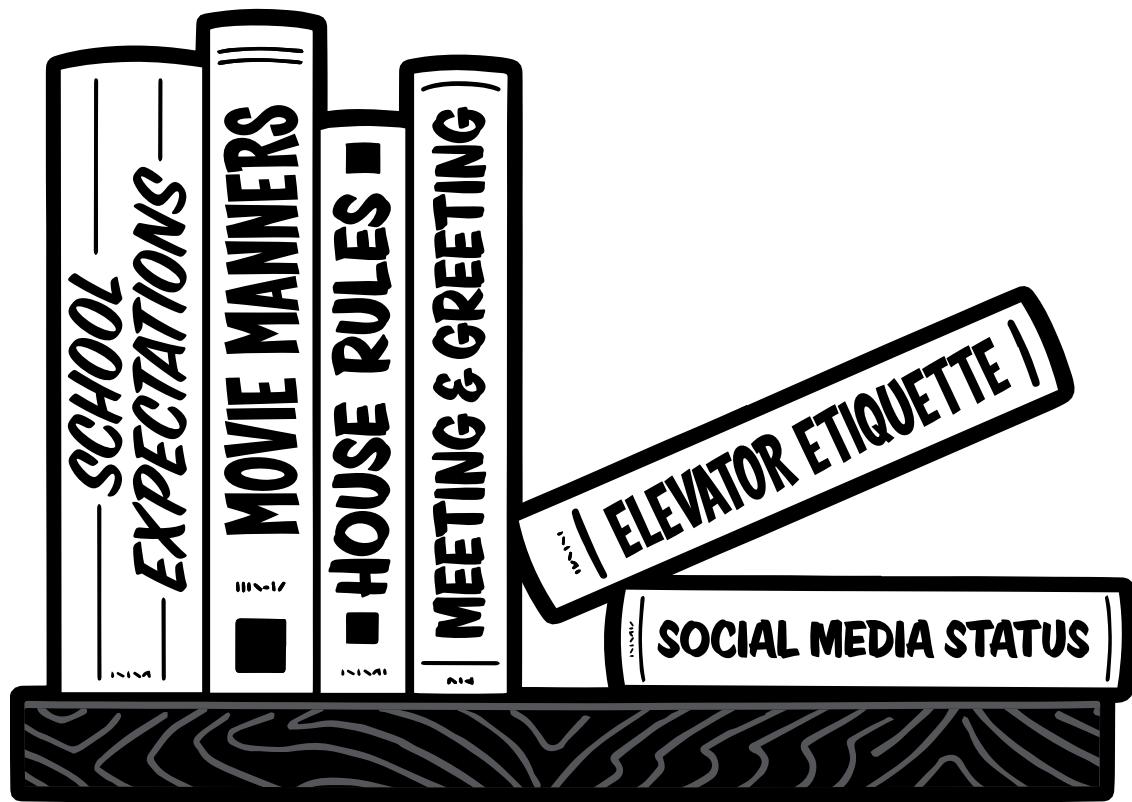
The process of making a decision after thinking about choices and consequences.

# ETHICS

## **Ethics**

Moral principles that govern a person's behavior.





## Social Norms

The accepted standards of behavior for social groups (i.e. friends, work colleagues, general public etc.).

# IMPACT

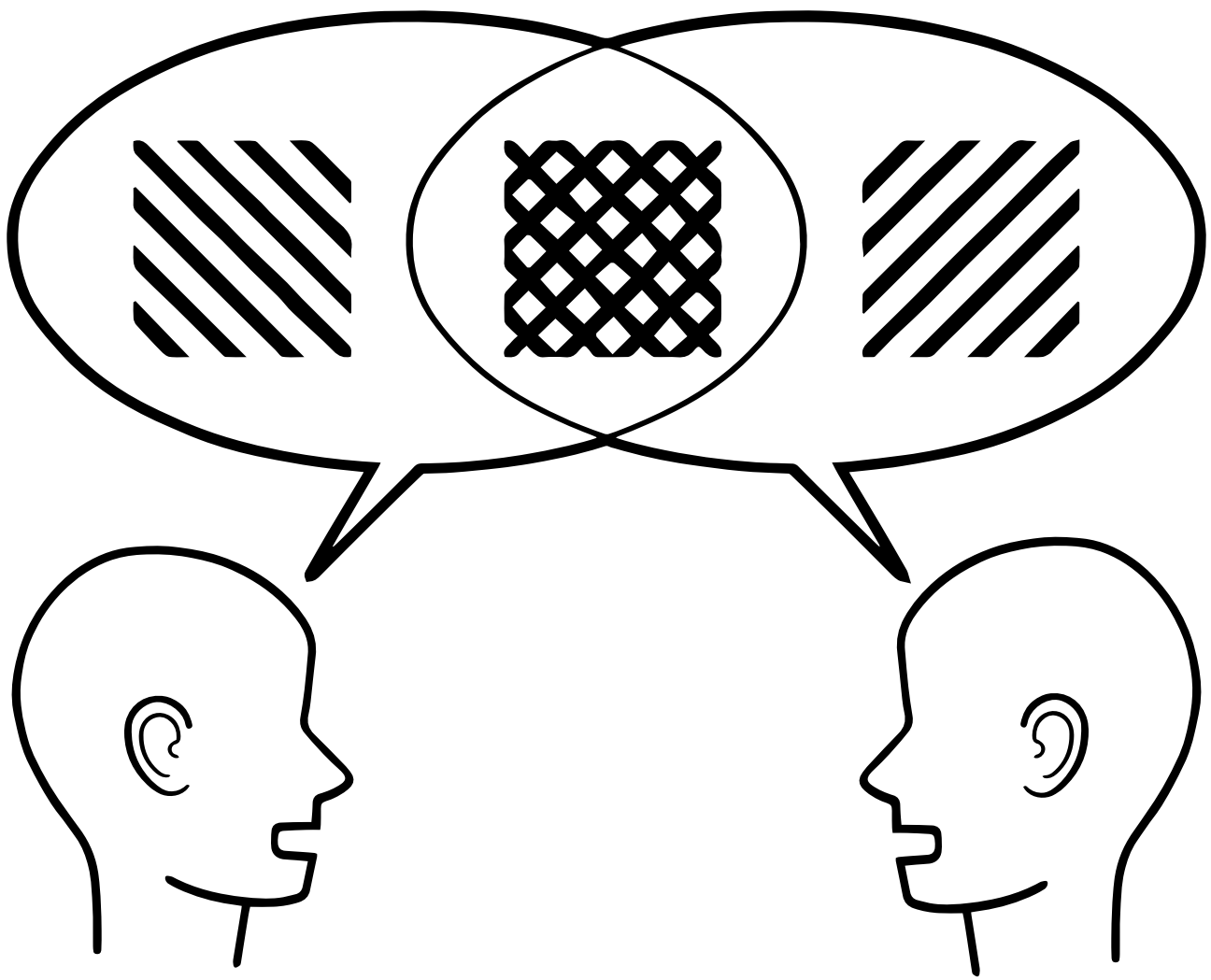
## **Impact**

The long term and short term effects of an action or actions; to include the effects on us, others, and the world.



# Consequences

The positive or negative results of our actions.



# Compromise

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

# LONG TERM EFFECTS

## **Long Term Effects**

Things that last over a long period of time, either in the future or immediately after a particular event.

# SHORT TERM EFFECTS

## **Short Term Effects**

Things that will last for a short time, or things that will have an effect soon rather than in the distant future.