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

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

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

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

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
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
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

The view that everyone deserves to enjoy the same rights regardless of their skin color, religion, gender identity, or economic status.
Perspective
How someone thinks or feels about something based on their experience, knowledge or personal preference.
Stereotype
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
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

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
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.