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:
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:
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.
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:
Belief that our talents, skills, and intelligence cannot be changed.
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:
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:
The ability to organize one’s time so that the right amount of time is spent on the right activities.
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:
Words that communicate our thoughts, ideas, and feelings.
Nonverbal Communication:
The body language that communicates our thoughts, ideas and feelings; such as: posture, facial expressions, touch, eye contact, or gestures.
Decision-Making:
The process of making a decision after thinking about choices and consequences.
Big Problem:
A problem that requires help from an adult and may be dangerous or hard to solve on our own.
Small Problem:
A problem that can be safely solved on our own.
Problem Solving:
A plan used to solve a problem.
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:
The ability to take the perspectives of and empathize with others.
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:
A firm thought that something is true, even if it cannot be proven.
Traditions:
Information, beliefs or ways of doing things taught and repeated over time.
Compassion:
Showing care or concern for someone; putting empathy into action.
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:
A grouping of people that share the same physical traits such as skin color, hair, or facial features.
Assumption:
An idea that is accepted as true or likely to happen without proof or evidence.
Ethnicity:
A grouping of people according to shared culture, language, or geographic region.
Advocate:
To stand up for yourself or others.