

CONSIDERATION

(noun)

Thoughtfulness and sensitivity toward others.

I wanted to show **consideration** for the new student in class, so I asked her to join our game during recess and introduced her to my friends.



COOPERATION

(noun)

The process of working together for a common goal or outcome.

The teams showed great **cooperation** as they worked together to build the Kinara.



ENGAGE

(verb)

To actively participate in a situation, group, or community.

Cory wanted to **engage** in the diverse holidays of their classmates and learn more about their traditions and history.



ENJOYMENT

(noun)

The state of finding happiness and gratification in an action, event, person, or thing.

I find **enjoyment** when I am playing outside with my friends.



KINDNESS

(noun)

A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

Mr. Devore has high learning expectations for all students, but he also shows **kindness** and is willing to help us be successful in everything that we do.



LEADERSHIP

(noun)

Qualities and characteristics demonstrated by those who use talents, knowledge, and abilities to motivate and guide themselves and others toward a goal or destination.

Destiny demonstrated **leadership** by actively participating in the Menorah Relay. Some of her classmates made fun of the unique celebration, but Destiny showed respect and curiosity for diverse holiday traditions.



OPTIMISM

(noun)

Hopeful confidence about the future.

Optimism is important when you're learning new skills because everyone makes mistakes when they're learning. An **optimistic** attitude will help me keep trying.



PERSONAL BEHAVIOR

(noun)

A person's way of acting in, or responding to, the physical and social environment.

My **personal behavior** in physical education is important because everyone must work together to create a safe and positive learning environment.



REGULATE

(verb)

To control or maintain the intensity or speed of actions, movements, or emotions.

When I start to feel nervous about something, I can **regulate** my heartrate by taking controlled breaths and using optimistic words with myself and others.



RESPECT

(noun)

To appreciate someone or something because of their abilities, qualities, or achievements.

The class had a lot of **respect** for Coach Wilder because she showed concern and interest in who they were as unique individuals.



SAFETY

(noun)

The state of being protected from physical or emotional danger.

I know that safety in physical education is important, so I use all equipment appropriately and follow the rules during all physical activities and games.



SELF-CONTROL

(noun)

The ability to regulate personal behavior and emotional expression.

I demonstrated **self-control** when my friends and I played a really fun game and I controlled the volume of my voice in consideration of others.



SELF-EXPRESSION

(noun)

The outward release of a person's feelings, thoughts, or ideas.

My friend created an amazing dance routine as a **self-expression** of her personal feelings about her family's holiday traditions.



SUPPORT

(verb)

To give help.

To be actively interested in the success of a person, group, or community.

As a student leader, I will support my classmates by encouraging their effort and giving them help whenever I can.



TEAMWORK

(noun)

The combined action of a group of people toward a common mission or goal.

My friends and I demonstrated great **teamwork** when we tagged all of the seals and sent them to the South Pole.



TRADITION

(noun)

To pass on customs, beliefs, or common celebrations from generation to generation.

Lighting the Kinara is an important Kwanzaa **tradition** in David's family. He loved learning about the important meaning of each candle.



VIRTUE

(noun)

Behavior that shows high moral standards. Moral excellence.

Coach Kline teaches us that respect and honesty are important **virtues** that will help us reach our potential as leaders.

