This journal is your opportunity to practice using important academic language words related to your personal social and emotional learning. Refer to the example on this page as a guide for completing the journal pages that follow. 1) Fill in the blanks provided in the *You-Write Examples*; 2) Write your own unique sentence in the space provided for a *You-Write Sentence*.

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| **Academic Language Word** |
| **Self-Control**  /noun/ |
| **Meaning** |
| The ability to regulate personal behavior and emotional expression. |
| **You-Write Examples** |
| 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. |
| **You-Write Sentence** |
| I had to work hard to demonstrate self-control during snowmobile tag |
| because I wanted to run, but the teacher said we had to play at a |
| speed-walking pace. |

**SEL Vocabulary Bank**

**Self-Control** */noun/* The ability to regulate personal behavior and emotional expression.

**Personal Behavior** */noun/* A person’s way of acting in or responding to the physical and social environment.

**Teamwork** */noun/* The combined action of a group of people toward a common mission or goal.

**Consideration** */noun/* Thoughtfulness and sensitivity toward others.

**Regulate** */verb/* To control or maintain the intensity or speed of actions, movements, or emotions.

**Safety** */noun/* The state of being protected from physical or emotional danger.

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

**Optimism** */noun/* Hopeful confidence about the future.

**Self-Expression** */noun/* The outward release of a person’s feelings, thoughts, or ideas.

**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.

**VIRTUE** */noun/* Behavior that shows high moral standards. Moral excellence.

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

**Activity:** Snowmobile Tag

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| **Academic Language Word** |
| **Self-Control**  */noun/* |
| **Meaning** |
| The ability to regulate personal behavior and emotional expression. |
| **You-Write Examples** |
| I demonstrated self-control when my friends and I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I controlled \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in consideration of others. |
| **You-Write Sentence** |
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**Activity:** Polar Bear Cave

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| **Academic Language Word** |
| **Personal Behavior**  */noun/* |
| **Meaning** |
| A person’s way of acting in, or responding to, the physical and social environment. |
| **You-Write Examples** |
| My personal behavior in physical education is important because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **You-Write Sentence** |
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**Activity:** Ice Fishing

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| **Academic Language Word** |
| **Teamwork**  */noun/* |
| **Meaning** |
| The combined action of a group of people toward a common mission or goal. |
| **You-Write Examples** |
| My friends and I demonstrated great teamwork when we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **You-Write Sentence** |
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**Activity:** Elf on the Shelf Tag

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| **Academic Language Word** |
| **Consideration**  */noun/* |
| **Meaning** |
| Thoughtfulness and sensitivity toward others. |
| **You-Write Examples** |
| I wanted to show consideration for the new student in class, so I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during recess and helped them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during physical education class. |
| **You-Write Sentence** |
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**Activity:** North Pole vs South Pole

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| **Academic Language Word** |
| **Regulate**  */verb/* |
| **Meaning** |
| To control or maintain the intensity or speed of actions, movements, or emotions. |
| **You-Write Examples** |
| When I start to feel nervous about something, I can regulate my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and using optimistic words with myself and others. |
| **You-Write Sentence** |
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**Activity:** Gift Ninjas

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| **Academic Language Words** |
| **Safety**  /noun/  **Enjoyment**  /noun/ |
| **Meaning** |
| **Safety:** The state of being protected from physical or emotional danger.  **Enjoyment:** The state of finding happiness and gratification in an action, event, person, or thing. |
| **You-Write Examples** |
| I know that safety in physical education is important, so I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during all physical activities and games.  I find enjoyment when I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with my friends. |
| **You-Write Sentence** |
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**Activity:** Gift Wrappers

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| **Academic Language Word** |
| **Optimism**  */noun/* |
| **Meaning** |
| Hopeful confidence about the future. |
| **You-Write Examples** |
| Optimism is important when you’re learning new skills because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  I can help others feel more optimistic by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **You-Write Sentence** |
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**Activity:** Gingerbread Gumdrops

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| **Academic Language Word** |
| **Self-Expression**  */noun/* |
| **Meaning** |
| The outward release of a person’s feelings, thoughts, or ideas. |
| **You-Write Examples** |
| My friend created a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a self-expression of their personal feelings about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **You-Write Sentence** |
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**Activity:** Christmas Tree Relay

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| **Academic Language Word** |
| **Leadership**  */noun/* |
| **Meaning** |
| Qualities and characteristics demonstrated by those who use talents, knowledge, and abilities to motivate and guide themselves and others toward a goal or destination. |
| **You-Write Examples** |
| I demonstrated leadership by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and my behavior helped my team \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **You-Write Sentence** |
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**Activity:** Kinara Relay

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| **Academic Language Word** |
| **Virtue**  */noun/* |
| **Meaning** |
| Behavior that shows high moral standards. Moral excellence. |
| **You-Write Examples** |
| Today in physical education class, I demonstrated \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which is an important virtue that I always work to live by. |
| **You-Write Sentence** |
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**Activity:** Menorah Relay

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| **Academic Language Word** |
| **Kindness**  */noun/* |
| **Meaning** |
| A feeling that causes a person to act in a friendly, generous, and considerate way toward others. |
| **You-Write Examples** |
| Today in physical education class, I demonstrated kindness by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  Afterward I felt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **You-Write Sentence** |
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