**COURAGE:** The ability to do what’s right even though you feel fear.

*Corina showed* ***courage*** *on the first day of school. She came to class even though she felt nervous.*

**EMOTION:** A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good* ***emotion*** *that everyone wants to feel.*

**EMPOWERMENT:** The process of becoming stronger and more confident, especially in controlling one’s life and claiming one’s rights.

*Serra understood that her* ***empowerment*** *would help her entire family build healthy habits.*

**ENCOURAGEMENT:** Action or words offered to give someone support, confidence, or hope.

*Izzi’s* ***encouragement*** *helped Andi feel confident and positive about her performance.*

**ENJOY:** To have a fun time. We enjoy playing physical activity games.

*The class* ***enjoys*** *classroom physical activity boosts every afternoon before starting science lessons.*

**ENTHUSIASM:** An important feeling you get when you’re excited about a goal and are motivated to work toward that goal.

*Mr. Walker’s* ***enthusiasm*** *for teaching made him one of the student’s favorite teachers.*

**EXERCISE:** Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an* ***exercise*** *they could do at home to improve muscular strength.*

**GOAL:** The reason for a person’s effort. The desired result.

*Lucy’s* ***goal*** *was to finish all of her homework before the weekend.*

**GREAT:** Excellent, powerful, strong, magnificent.

*The class was filled with great students with excellent goals that will help their community become a caring and positive place to live.*

**HEAL:** To become healthy again.

*Sandra’s cut was able to* ***heal*** *because she kept it clean and covered.*

**HEALTH:** Free from sickness and injury. Feeling physical, mental, and social well-being.

*Micha was in good* ***health*** *because he was physically active every day and always ate nutritious foods.*

**MOTIVATION:** A desire and willingness to do something or to work toward a specific goal.

*Fiona’s* ***motivation*** *for going on long hikes was her love of nature, animals, and trees.*

**PERSONAL BEHAVIOR:** The actions of an individual person.

*Ms. Wilder taught us to take responsibility for our* ***personal behavior****.*

**PERSONAL SPACE:** The area around a person where they feel safe. It feels uncomfortable when someone enters this space.

*To keep everyone safe, we must respect 6 feet of* ***personal space****.*

**POSITIVE:** Constructive, optimistic, or confident.

*Hope’s* ***positive*** *attitude helped the entire class feel enthusiastic about the challenges of the day.*

**OPTIMISM:** Feeling good about what is going to happened in the future.

*Caleb felt* ***optimism*** *when he woke up because the sun was shining, and he wanted to take a walk with his family.*

**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind* ***relax****.*

**RESOURCE:** The supplies, opportunities, and support that a person can use to do a job or live productively.

*Malik can go to a park near his house to walk with his family. It’s a great* ***resource*** *that he can use to be physically active.*

**TRUST:** A good feeling you get when you can rely on someone or something.

*We* ***trust*** *that our classmates will behave in ways that help to keep everyone safe.*