



# ACTIVE CLASSROOM

## ACADEMIC LANGUAGE



**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.*





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**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.*





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**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.*





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**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 happen 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.*





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**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.*

