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.


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.*