Important words for us to understand and use.

**EMOTIONAL BALANCE**: The ability to keep emotions under control in unsteady social & emotional situations.

*On the first day of class, Juan used High-5 breathing to help him stay relaxed.*

**EMOTIONAL COORDINATION**: The ability to understand what another person is feeling and act in a way that’s helpful and supportive.

*Mr. Johnson demonstrated emotional coordination when he helped Jonah feel better after his fish died.*

**ENJOY**: To have a fun time.

*We enjoy playing balance and activity games in physical education class.*

**HEALTH**: Free from sickness & injury. Physical, mental, and social well-being.

*Physical activity and nutritious foods help to protect our health.*

**IMPROVE**: To become better.

*Finn worked to improve his coordination so he could easily do perfect jumping jacks.*

**MOTIVATION**: A reason to do something. The desire to reach a goal.

*Olaf’s motivation for staying active with his family was the enjoyment he received from the fun they had together.*

**PHYSICAL BALANCE**: The ability to adjust your body’s weight in order to remain upright and/or steady.

*Caitlin used her arms to help her find her physical balance as she walked on the sidewalk lines.*

**PHYSICAL COORDINATION**: The ability to move different parts of the body together for a purpose or task.

*Jumping jacks help us improve physical coordination because we have to move our legs and arms at the same time.*

**RESPECT**: A feeling of honor for the feelings and rights of others.

*We respect the health of our classmates, so we wear our masks while we’re together.*