



DETERMINATION

/Noun/

A decision to stay firm and continue all efforts toward reaching a goal or outcome.

Kai's determination allowed him to work through the challenge and reach his goal.



FAIR PLAY

/Noun/

Respect for the rules,
opponents, and other players.

The entire class demonstrated fair play with
respect for rules and classmates during
Pumpkin Patch Games.



GRIT

/Noun/

Passion and perseverance for long-term goals. A strong desire to do what is necessary to succeed.

Mia demonstrated grit as she practiced and prepared every day for The Great Pumpkin Run.



INTEGRITY

/Noun/

The quality of being honest in all things.

Genesis demonstrated integrity by following all of the rules of Ghostbuster Tag.



LEADER

/Noun/

A person who uses their talents and abilities to influence or guide a group of people toward a goal.

Miles was a leader in his class and used positive language to help his classmates create a positive learning environment.



RESPONSIBILITY

/Noun/

The opportunity or duty to take care of something or to complete a task.

Fiona knew it was her responsibility to demonstrate fair play in physical education.



SELF-CONTROL

/Noun/

The ability to choose to do what's right and stop yourself from doing something that may have negative consequences.

The class was so excited on the day of the Great Pumpkin Run, but they demonstrated self-control and stayed quiet while coach gave the group instructions.



SELF-REGULATION

/Noun/

The ability to recognize our emotions and thoughts, and then manage the way that we respond to the energy they create

Focused and mindful breathing is a tool that we can use to calm our nervous or excited feelings in order to practice self-regulation.