TOOLS FOR LEARNING IN A
WINTER WONDERLAND

ELEMENTARY & MIDDLE (K - 8)

Student SEL Vocabulary Journal

Student Name: _____

Class: _____

Date: _____

LEAD BY EXAMPLE

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TOOLS FOR LEARNING IN A
WINTER WONDERLAND

VJ
(GRADES K–8)

SEL VOCABULARY JOURNAL

This journal is your opportunity to practice using important academic language words related to your personal social and emotional learning. Refer to the example on this page as a guide for completing the journal pages that follow. 1) Fill in the blanks provided in the *You-Write Examples*; 2) Write your own unique sentence in the space provided for a *You-Write Sentence*.

Academic Language Word
Self-Control   /noun/
Meaning
The ability to regulate personal behavior and emotional expression.
You-Write Examples
I demonstrated self-control when my friends and I <u>played a really fun game</u> and I controlled <u>the volume of my voice</u> in consideration of others.
You-Write Sentence
I had to work hard to demonstrate self-control during snowmobile tag
because I wanted to run, but the teacher said we had to play at a
speed-walking pace.

SEL Vocabulary Bank

SELF-CONTROL */noun/* The ability to regulate personal behavior and emotional expression.

PERSONAL BEHAVIOR */noun/* A person's way of acting in or responding to the physical and social environment.

TEAMWORK */noun/* The combined action of a group of people toward a common mission or goal.

CONSIDERATION */noun/* Thoughtfulness and sensitivity toward others.

REGULATE */verb/* To control or maintain the intensity or speed of actions, movements, or emotions.

SAFETY */noun/* The state of being protected from physical or emotional danger.

ENJOYMENT */noun/* The state of finding happiness and gratification in an action, event, person, or thing.

OPTIMISM */noun/* Hopeful confidence about the future.

SELF-EXPRESSION */noun/* The outward release of a person's feelings, thoughts, or ideas.

LEADERSHIP */noun/* Qualities and characteristics demonstrated by those who use talents, knowledge, and abilities to motivate and guide themselves and others toward a goal or destination.

VIRTUE */noun/* Behavior that shows high moral standards. Moral excellence.

KINDNESS */noun/* A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

Activity: Snowmobile Tag

Academic Language Word
Self-Control */noun/*
Meaning
The ability to regulate personal behavior and emotional expression.
You-Write Examples
I demonstrated self-control when my friends and I _____ and I controlled _____ in consideration of others.
You-Write Sentence

Activity: Polar Bear Cave

Academic Language Word
Personal Behavior */noun/*

Meaning
A person's way of acting in, or responding to, the physical and social environment.

You-Write Examples
My personal behavior in physical education is important because _____ _____ and because _____.

You-Write Sentence

Activity: Ice Fishing

Academic Language Word
Teamwork */noun/*

Meaning
The combined action of a group of people toward a common mission or goal.

You-Write Examples
My friends and I demonstrated great teamwork when we _____   _____   _____.

You-Write Sentence

SEL VOCABULARY JOURNAL

Activity: Elf on the Shelf Tag

Academic Language Word
Consideration   */noun/*

Meaning
Thoughtfulness and sensitivity toward others.

You-Write Examples
I wanted to show consideration for the new student in class, so I _____   _____ during recess and helped them _____   _____ during physical education class.

You-Write Sentence

Activity: North Pole vs South Pole

Academic Language Word
Regulate */verb/*

Meaning
To control or maintain the intensity or speed of actions, movements, or emotions.

You-Write Examples
When I start to feel nervous about something, I can regulate my _____ _____ by _____ and using optimistic words with myself and others.

You-Write Sentence

Activity: Gift Ninjas

Academic Language Words
Safety /noun/   **Enjoyment** /noun/

Meaning
Safety: The state of being protected from physical or emotional danger.   **Enjoyment:** The state of finding happiness and gratification in an action, event, person, or thing.

You-Write Examples
I know that safety in physical education is important, so I _____ and _____ during all physical activities and games.   I find enjoyment when I am _____ with my friends.

You-Write Sentence

SEL VOCABULARY JOURNAL

Activity: Gift Wrappers

Academic Language Word
Optimism */noun/*

Meaning
Hopeful confidence about the future.

You-Write Examples
Optimism is important when you're learning new skills because _____ _____. I can help others feel more optimistic by _____ _____.

You-Write Sentence

Activity: Gingerbread Gumdrops

Academic Language Word
Self-Expression   */noun/*

Meaning
The outward release of a person's feelings, thoughts, or ideas.

You-Write Examples
My friend created a _____ as a self-expression of their personal feelings about _____.

You-Write Sentence

Activity: Christmas Tree Relay

Academic Language Word
Leadership   /noun/
Meaning
Qualities and characteristics demonstrated by those who use talents, knowledge, and abilities to motivate and guide themselves and others toward a goal or destination.
You-Write Examples
I demonstrated leadership by _____   and my behavior helped my team _____.
You-Write Sentence

Activity: Kinara Relay

Academic Language Word
Virtue   /noun/

Meaning
Behavior that shows high moral standards. Moral excellence.

You-Write Examples
Today in physical education class, I demonstrated _____   which is an important virtue that I always work to live by.

You-Write Sentence

Activity: Menorah Relay

Academic Language Word
Kindness */noun/*

Meaning
A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

You-Write Examples
Today in physical education class, I demonstrated kindness by _____ _____.   Afterward I felt _____.

You-Write Sentence