**CONSIDERATION**

(noun)

Thoughtfulness and  
sensitivity toward others.

I wanted to show **consideration** for the new student in class, so I asked her to join our game during recess and introduced her to my friends.

**COOPERATION**

(noun)

The process of working together for a common goal or outcome.

The teams showed great **cooperation** as they worked together to build the Kinara.

**ENGAGE**

(verb)

To actively participate in a situation, group, or community.

Cory wanted to **engage** in the diverse holidays of their classmates and learn more about their traditions and history.

**ENJOYMENT**

(noun)

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

I find **enjoyment** when I am playing  
outside with my friends.

**KINDNESS**

(noun)

A feeling that causes a person to

act in a friendly, generous, and considerate way toward others.

Mr. Devore has high learning expectations for all students, but he also shows **kindness** and is willing to help us be successful in everything that we do.

**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.

Destiny demonstrated **leadership** by actively participating in the Menorah Relay. Some of her classmates made fun of the unique celebration, but Destiny showed respect and curiosity for diverse holiday traditions.

**OPTIMISM**

(noun)

Hopeful confidence about the future.

**Optimism** is important when you’re learning  
new skills because everyone makes mistakes  
when they’re learning. An **optimistic** attitude  
will help me keep trying.

**PERSONAL BEHAVIOR**

(noun)

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

My **personal behavior** in physical education is important because everyone must work together to create a safe and positive learning environment.

**REGULATE**

(verb)

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

When I start to feel nervous about something, I can **regulate** my heart rate by taking controlled breaths and using optimistic words with myself and others.

**RESPECT**

(noun)

To appreciate someone or something  
because of their abilities, qualities,  
or achievements.

The class had a lot of **respect** for Coach Wilder because she showed concern and interest in who they were as unique individuals.

**SAFETY**

(noun)

The state of being protected from physical or emotional danger.

I know that **safety** in physical education is important, so I use all equipment appropriately and follow the rules during all physical activities and games.

**SELF-CONTROL**

(noun)

The ability to regulate personal behavior and emotional expression.

I demonstrated **self-control** when my friends and I played a really fun game and I controlled the volume of my voice in consideration of others.

**SELF-EXPRESSION**

(noun)

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

My friend created an amazing dance routine as a **self-expression** of her personal feelings about her family’s holiday traditions.

**SUPPORT**

(verb)

To give help.

To be actively interested in the success of a person, group, or community.

As a student leader, I will **support** my classmates by encouraging their effort and giving them help whenever I can.

**TEAMWORK**

(noun)

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

My friends and I demonstrated great **teamwork** when we tagged all of the seals and sent them to the South Pole.

**TRADITION**

(noun)

To pass on customs, beliefs, or  
common celebrations from  
generation to generation.

Lighting the Kinara is an important Kwanzaa **tradition** in David’s family. He loved learning about the important meaning of each candle.

**VIRTUE**

(noun)

Behavior that shows high moral standards. Moral excellence.

Coach Kline teaches us that respect and honesty are important **virtues** that will help us reach our potential as leaders.