

# 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.

