



# FLY FiVE<sup>®</sup>

The Social and Emotional Learning Curriculum

## Vocabulary Reference Guides Grades K-8

Grade K

# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (CKAMKF)**

- **Conversation (n.):** two or more people talking to each other
- **Invite (v.):** to ask someone to join an activity

**Works with Others Toward a Common Goal (CKWOTCG)**

- **Cooperate (v.):** to come together with a partner or a group to complete a common goal
- **Take Turns (v.):** to go one after the other
- **Team (n.):** a group of people who work together to reach a goal

**Resolves Differences Quickly (CKRDQ)**

- **Apologize (v.):** to tell someone you're sorry for the hurt you caused, even if you didn't do it on purpose
- **Compromise (v.):** to reach an agreement through give-and-take
- **Temper (n.):** a person's state of mind, especially relating to the ability to display patience or anger

**Cooperates as a Group Leader or a Member of the Group (CKCGLMG)**

- **Active Listener (n.):** someone who listens with full attention by keeping their eyes and ears on the speaker
- **Focus (v.):** to give all of your attention to someone or something
- **Tracking (v.):** watching the speaker with your eyes



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (AKSEO)**

- **Emotions (n.):** a mindset that gives rise to feelings through experiences; a feeling you have about an action, an object, or a peer
- **Frustration (n.):** a feeling of hopelessness, discouragement, annoyance, or anger with something because it is not going the way you wanted it to go
- **Sadness (n.):** feeling of unhappiness

**Able to Seek Help (AKASH)**

- **Ask (v.):** to use a question in order to get or do something
- **Courage (n.):** the ability to do something that might frighten you or make you feel uncomfortable
- **Help (v.):** to aid someone; to ask someone else to provide aid

**Shows Openness and Honesty (AKSOH)**

- **Feelings (n.):** reactions to your emotions that can be felt in your heart, body, and mind
- **Honesty (n.):** truthful and factual speech
- **Openness (n.):** a willingness to share how you feel, and listen to what others have to say in a respectful manner

**Persists Through Challenging Events (AKPTCE)**

- **Effort (n.):** hard work needed to get something done
- **Patience (n.):** waiting calmly without complaining and becoming upset
- **Try (v.):** to put in effort



# Vocabulary Reference Guide



## Responsibility

**Selects the Best Option Among Choices for a Suitable Outcome (RKSBO SO)**

- **Fair (adj.):** balanced, providing what is needed
- **Unfair (adj.):** unbalanced, unequal

**Holds Oneself Accountable (RKH OA)**

- **Accident (n.):** an unplanned event that may result in damage or someone getting hurt
- **Mistake (n.):** a thought or action that may cause a person to make an error

**Demonstrates Social, Civic, and Digital Responsibility (RKSCDR)**

- **Follow (v.):** to go along with
- **Rules (n.):** laws that guide people’s behavior

**Takes Care of Property (RKTCP)**

- **Property (n.):** an item belonging to someone
- **Responsibilities (n.):** jobs or tasks that you are expected to complete



## Empathy

**Recognizes and Manages One’s Own Emotions and Recognizes the Emotions of Others (EKRME)**

- **Emotions (n.):** a mindset that gives rise to feelings through experiences; a feeling you have about an action, an object, or a peer
- **Express (v.):** to put thoughts and emotions into words
- **Feelings (n.):** reactions to your emotions that can be felt in your heart, body, and mind
- **Manage (v.):** to be in control of something

**Respects and Values Diversity in Others (EKRVD)**

- **Differences (n.):** not being alike; having little in common
- **Interest (n.):** something you like
- **Similarities (n.):** being alike; having a lot in common

**Respects Differing Cultural Norms (EKRDCN)**

- **Culture (n.):** a way of life for groups of people, a collection of different experiences and ideas
- **Traditions (n.):** customs and beliefs passed down from generation to generation
- **Variety (n.):** the state of being different, diverse

**Aware of the Impact of One’s Actions on Others (EKAIAO)**

- **Common Courtesy (n.):** politeness that people usually show to others
- **Impolite (adj.):** not showing good manners; rude
- **Polite (adj.):** respectful; showing good manners



# Vocabulary Reference Guide



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SCKSBMS)

- **Choices (n.):** the act of picking; choosing
- **Self-Control (n.):** staying calm; being in control of your body and your emotions so you can follow rules and make wise choices
- **Wise (adj.):** showing good judgment about what is right and true

Manages Overwhelming Thoughts or Emotions (SCKMOTE)

- **Attitude (n.):** how you act, feel, or think about someone or something
- **Negative (n.):** an unpleasant action, feeling, or thought
- **Positive (n.):** a pleasant action, feeling, or thought

Controls Impulses and Delays Gratification (SCKCIDG)

- **Delayed Gratification (n.):** not doing or having something you want now in order to enjoy it more later
- **Patience (n.):** the ability to wait for something

Shows Hope and Perseverance (SCKSHP)

- **Determination (n.):** the decision to continue trying to do something that is difficult
- **Focus (v.):** to give all of your attention to something
- **Task (n.):** a responsibility that needs to be done



Grade 1

# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (C1AMKF)**

- **Answer (v.):** to share your thoughts, opinions, and understanding about someone's question or comment
- **Asking Politely (n.):** requesting something by using kind and respectful words
- **Respectful Waiting (n.):** letting someone finish what they are doing or saying calmly and without interruption

**Works with Others Toward a Common Goal (C1WOTCG)**

- **Agree (v.):** to you share an opinion or perspective with someone
- **Compromise (n.):** reach an agreement through give and take
- **Disagree (v.):** to have a different opinion or perspective from someone
- **Fair (adj.):** honest and right for all parties involved

**Resolves Differences Quickly (C1RDQ)**

- **Patient (adj.):** a way to wait calmly without complaining or becoming upset
- **Respect (v.):** to treat or think about something or someone in a positive way
- **Self-Control (n.):** the ability to recognize and regulate your thoughts, emotions, and behaviors to be successful in the moment

**Cooperates as a Group Leader or a Member of the Group (C1CGLMG)**

- **Patient (adj.):** a way to wait calmly without complaining or becoming upset
- **Respect (v.):** to treat or think about something or someone in a positive way
- **Self-Control (n.):** the ability to recognize and regulate your thoughts, emotions, and behaviors to be successful in the moment



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (A1SEO)**

- **Body Language (n.):** movements or gestures from your body that you use to communicate
- **Emotions (n.):** a mindset that gives rise to feelings through experiences; a feeling you have about an action, an object, or a peer
- **Facial Expression (n.):** nonverbal communication that shares someone's emotions, opinions, or feelings

**Able to Seek Help (A1ASH)**

- **Clarify (v.):** to provide more information for better understanding
- **Confident (adj.):** possessing self-assurance and believing you can do what you set your mind to
- **Help (v.):** to assist someone; to ask someone else to provide assistance

**Shows Openness and Honesty (A1SOH)**

- **Action (n.):** the act of carrying out on the conscious and unconscious choices you make
- **Express (v.):** to convey your thoughts or emotions by using words or actions
- **Reason (n.):** cause or explanation behind your action

**Persists Through Challenging Events (A1PTCE)**

- **Challenge (n.):** a difficult task or problem that may require deep or creative thinking to solve
- **Persevere (v.):** to push yourself through a challenging situation or event
- **Self-Talk (n.):** talk or thoughts directed to yourself



# Vocabulary Reference Guide



## Responsibility

**Selects the Best Option Among Choices for a Suitable Outcome (R1SBOSO)**

- **Pout (v.):** to openly display sadness or dissatisfaction through facial expressions and body language
- **Procrastination (n.):** putting off doing something
- **Responsibilities (n.):** several tasks that need to be completed
- **Sulk (v.):** to silently act grumpy

**Holds Oneself Accountable (R1HOA)**

- **Apologize (v.):** to acknowledge hurting or doing wrong by someone, even if it was unintentional
- **Friendship (n.):** a close relationship between individuals who support, care for, and are kind to each other
- **Necessary (adj.):** required to be done
- **Restore (v.):** to fix or repair

**Demonstrates Social, Civic, and Digital Responsibility (R1SCDR)**

- **Classroom Environment (n.):** space inside a school where kids learn and play
- **Negative Behaviors (n.):** actions that make others feel bad or impact the well-being of the classroom or community
- **Negative Energy (n.):** a mood that spreads through both verbal and nonverbal communication when others are in a bad mood
- **Positive Behaviors (n.):** actions that make others feel good or contribute to the well-being of the classroom or community

**Takes Care of Property (R1TCP)**

- **Item (n.):** an object
- **Organize (v.):** to arrange in a logical or understandable order
- **Unorganized (adj.):** to be arranged with no logical or understandable order



## Empathy

**Recognizes and Manages One's Own Emotions and Recognizes the Emotions of Others (E1RME)**

- **Appropriate (adj.):** right or correct way of doing things or behaving
- **Recognize (v.):** to acknowledge familiarity with someone or something
- **Thoughts (n.):** ideas unique to the person who thinks them

**Respects and Values Diversity in Others (E1RVD)**

- **Different (adj.):** not the same as another or each other
- **Exclude (v.):** to keep something or someone from being part of the group
- **Include (v.):** to make something or someone part of the group
- **Proactive (adj.):** making things happen without someone telling you

**Respects Differing Cultural Norms (E1RDCN)**

- **Celebration (n.):** an important event or occasion that's enjoyable
- **Community (n.):** a group of people who live in a shared space or have similar attitudes, goals, or interests
- **Culture (n.):** the attitudes and behaviors of a particular group, a way of life with beliefs and traditions that people live by

**Aware of the Impact of One's Actions on Others (E1AIAO)**

- **Active Listening (v.):** listening with your whole body for clear understanding of what the speaker is saying
- **Respectful (adj.):** showing politeness to someone or something
- **Speaker (n.):** a person who is talking





# Vocabulary Reference Guide



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SC1SBMS)

- **Appropriate (adj.):** proper and fit for a situation
- **Interactions (n.):** communication or involvement with someone or something
- **Norms (n.):** expectations for behavior that create a common understanding of what is proper and acceptable

Manages Overwhelming Thoughts or Emotions (SC1MOTE)

- **Inner Voice (n.):** the way you talk to yourself in your mind
- **Obsessive (adj.):** thinking about the same thought or idea over and over again that leads to constant worrying
- **Thoughts (n.):** opinions or ideas created by thinking

Controls Impulses and Delays Gratification (SC1CIDG)

- **Distraction (n.):** something that prevents concentration or focus
- **Impulse (n.):** a strong, sudden desire to do something
- **Urge (n.):** a strong desire to do something

Shows Hope and Perseverance (SC1SHP)

- **Achieve (v.):** to successfully reach a desired goal
- **Hope (n.):** a feeling or desire for certain things to happen



Grade 2

# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (C2AMKF)**

- **Attitude (n.):** how you feel or think about someone or something, often shown by how you act toward them
- **Friendship (n.):** a close relationship between individuals who are kind and care for each other
- **Interact (v.):** to talk or do things with other people
- **Respectful (adj.):** showing admiration and politeness to someone or something

**Works with Others Toward a Common Goal (C2WOTCG)**

- **Decision-Making (n.):** the process of selecting a logical choice from multiple options
- **Flexible (adj.):** willing and able to adjust, based on what's needed in a situation
- **Open-Minded (adj.):** willing to consider new ideas, perspectives, or mindsets
- **Prioritize (v.):** to determine an order for what is important
- **Thinking Process (n.):** the way you problem-solve, develop new ideas, and make decisions

**Resolves Differences Quickly (C2RDQ)**

- **Best Choices (n.):** the best strategy you think will work well to resolve a conflict
- **Conflict (n.):** a serious and/or extended disagreement
- **Compromise (v.):** to reach an agreement through give and take
- **Resolve (v.):** to find a solution to a problem

**Cooperates as a Group Leader or a Member of the Group (C2CGLMG)**

- **Flexible (adj.):** willing and able to adjust, based on what's needed in a situation
- **Model (n.):** something to be used as an example to follow or to copy
- **Role (n.):** the part that someone or something performs within a larger group
- **Timely (adj.):** when something is done or is taking place within a reasonable or set schedule



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (A2SEO)**

- **Disagreement (n.):** a difference of opinion about something
- **Idea (n.):** a thought or suggestion
- **Insistent (adj.):** firm and persistent
- **Opinion (n.):** something you have achieved successfully
- **Positive (adj.):** favorable, present, or constructive

**Able to Seek Help (A2ASH)**

- **Courage (n.):** the ability to do something that you're afraid of
- **Receptive (adj.):** open to new suggestions and ideas
- **Support (v.):** to be there for someone when they need it
- **Willingly (adv.):** favorably and without hesitation

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# Vocabulary Reference Guide



## Assertiveness (continued)

Shows Openness and Honesty (A2SOH)

- **Absolute Truth (n.):** something that is true no matter what the circumstances are
- **Honest (adj.):** truthful
- **Open-Minded (adj.):** willing to see things differently or consider new ideas
- **Relative Truth (n.):** something that may seem true from one point of view but may not seem true from another's point of view

Persists Through Challenging Events (A2PTCE)

- **Accomplishment (n.):** something you have achieved successfully
- **Goal Setting (n.):** the process of naming something you want to accomplish and making a plan to achieve it
- **Mindset (n.):** the outlook or attitude you hold toward something
- **Persistence (n.):** determination to do something regardless of how difficult it is



## Responsibility

Selects the Best Option Among Choices for a Suitable Outcome (R2SBOSO)

- **Actions (n.):** things you do based on decisions you make
- **Decisions (n.):** choices we make
- **Ownership (n.):** a circumstance or action that makes something happen
- **Self-Awareness (n.):** awareness of your character, feelings, and tendencies, leading to a choice to use appropriate behaviors in different situations

Holds Oneself Accountable (R2HOA)

- **Actions (n.):** things you do based on decisions you make
- **Decisions (n.):** choices we make
- **Ownership (n.):** a circumstance or action that makes something happen
- **Self-Awareness (n.):** awareness of your character, feelings, and tendencies, leading to a choice to use appropriate behaviors in different situations

Demonstrates Social, Civic, and Digital Responsibility (R2SCDR)

- **Belong (v.):** to be a member or part of a group, community, or organization
- **Community (n.):** a group of people living in the same place and/or sharing a particular interest, characteristic, or trait
- **Institution (n.):** an organization or business
- **Resources (n.):** materials, supplies, or assistance available for people to use when needed
- **Services (n.):** helpful actions or assistance that people provide for others

Takes Care of Property (R2TCP)

- **Belongings (n.):** someone's possessions
- **Permission (n.):** consent to do something or use something
- **Property (n.):** an item belonging to someone
- **Respect (v.):** to act in a way that shows care, concern, and regard for other people, which includes their feelings, thoughts, personal space, and belongings
- **Responsibility (n.):** the ability to complete a duty with something or someone



# Vocabulary Reference Guide



## Empathy

Recognizes and Manages One's Own Emotions and Recognizes the Emotions of Others (E2RME)

- **Disgust (n.):** a feeling you experience whenever something is gross or wrong
- **Emotion (n.):** a feeling you experience
- **Recognize (v.):** to identify something you've seen or noticed before
- **Signal (n.):** a clue or warning

Respects and Values Diversity in Others (E2RVD)

- **Acknowledge (v.):** to recognize the importance of
- **Diverse (adj.):** being different from each other
- **Experience (n.):** knowledge or skill from doing, seeing, or feeling something

Respects Differing Cultural Norms (E2RDCN)

- **Belief (n.):** a strong opinion that someone follows
- **Culture (n.):** the attitudes and behaviors of a particular group; a way of life with beliefs and traditions that people live by
- **Cultural Differences (n.):** various beliefs, traditions, and behaviors that set a specific group of people apart
- **Tradition (n.):** customs and beliefs passed down from generation to generation

Aware of the Impact of One's Actions on Others (E2AIAO)

- **Behavior (n.):** the manner in which a person acts
- **Caring (adj.):** being concerned for others
- **Effect (n.):** the result or consequence of an action
- **Social Interaction (n.):** an exchange between two or more individuals
- **Unselfish (adj.):** putting what other people want before what you want



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SC2SBMS)

- **Behavior (n.):** the manner in which a person acts
- **Environment (n.):** the setting you are in
- **Navigate (v.):** to find your way through something
- **Social Interaction (n.):** an exchange between two or more individuals
- **Standards (n.):** agreed-upon ways of doing something

Manages Overwhelming Thoughts or Emotions (SC2MOTE)

- **Acceptance (n.):** willingness to take something as it is, even if it is not an ideal outcome
- **Habitual Thoughts (n.):** things you think of repeatedly
- **Personal Goals (n.):** things you are trying to achieve or do for yourself

Controls Impulses and Delays Gratification (SC2CIDG)

- **Behavior (n.):** the manner in which a person acts
- **Impact (v.):** to have an effect on
- **Socially (adv.):** a way of interacting with other people
- **Unacceptable (adj.):** not satisfactory; unallowable

Shows Hope and Perseverance (SC2SHP)

- **Achieve (v.):** to get or reach something by working hard
- **Hope (n.):** desire accompanied by belief in success; the wish that something would happen
- **Recognize (v.):** to identify something you've seen or noticed before
- **Specific (adj.):** clearly defined or identified
- **Task (n.):** a piece of work to be done



Grade 3

# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (C3AMKF)**

- **Comfort Zone (n.):** the place, situation, or relationship in which a person feels most safe, at ease, relaxed
- **Common Interest (n.):** a shared interest, such as a hobby, sport, book genre, or leisure activity
- **Friendship (n.):** a close relationship between individuals who support, care for, and are kind to each other
- **Lasting (adj.):** going on for a long time; not ending

**Works with Others Toward a Common Goal (C3WOTCG)**

- **Accountability (n.):** being responsible for the consequences of your actions or words
- **Blame (v.):** to fault something or someone else for an outcome
- **Failure (n.):** an unsuccessful attempt
- **Morale (n.):** the emotional state of a person or group

**Resolves Differences Quickly (C3RDQ)**

- **Agreeable (adj.):** pleasing; ready or willing to agree
- **Compromise (n.):** an agreement where both sides decide to give up something they want in order to gain something else or resolve the issue
- **Disagreement (n.):** inability to agree on something; difference of opinion
- **Mutual (adj.):** shared or agreed upon by two or more individuals
- **Resolution (n.):** the solution to a problem, dispute, or disagreement

**Cooperates as a Group Leader or a Member of the Group (C3CGLMG)**

- **Collaborate (v.):** to work and think together with another person or group of people
- **Role (n.):** a job or task within a larger group, community, or goal
- **Team (n.):** a group of people who are joined together for a specific goal or activity
- **Team Player (n.):** a person who actively works with the team and puts the team's goals before their personal goals



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (A3SEO)**

- **Endurance (n.):** the power to complete a difficult process or situation without giving up
- **Response (n.):** a reaction to something
- **Stress (n.):** an internal or external feeling that causes bodily or mental tension
- **Stressor (n.):** something or someone that causes emotional strain or tension

**Able to Seek Help (A3ASH)**

- **Fearful (adj.):** feeling afraid; showing fear or anxiety
- **Opportunities (n.):** a set of situations that makes it possible to do something
- **Unsafe (adj.):** likely to cause harm; dangerous, in danger

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# Vocabulary Reference Guide



## Assertiveness (continued)

Shows Openness and Honesty (A3SOH)

- **Conscience (n.):** an inner awareness of right and wrong
- **Honest (adj.):** not being related to lies, deception, or falseness; truthful
- **Openness (n.):** accessible, uncovered; not hiding any part
- **Trust (n.):** to have confidence, faith, or hope in someone
- **Truth (n.):** the facts, the reality, as opposed to a lie

Persists Through Challenging Events (A3PTCE)

- **Perseverance (n.):** continued effort to finish a task even in the midst of difficulties
- **Persist (v.):** pushing through, continuing; going on in the face of difficulties
- **Willpower (n.):** Strong focus or concentration; the ability to control yourself
- **Work Ethic (n.):** strong focus or concentration; the ability to control yourself



## Responsibility

Selects the Best Option Among Choices for a Suitable Outcome (R3SBOSO)

- **Consequence (n.):** the results or outcome of an action or decision
- **Outcome (n.):** the end result
- **Planner (n.):** a list, chart, or notebook to write down important tasks, information, and schedules
- **Prioritize (v.):** organizing items in order of importance
- **Responsibility (n.):** duties and expectations that one is expected to do

Holds Oneself Accountable (R3HOA)

- **Accountability (n.):** being responsible for the consequences of your actions or words
- **Blame (v.):** to fault something or someone else for an outcome
- **Consequence (n.):** the results or outcome of an action or decision
- **Misbehavior (n.):** inappropriate or rude behavior

Demonstrates Social, Civic, and Digital Responsibility (R3SCDR)

- **Civic (adj.):** relating to the duties, expectations, and guidelines that come with membership in a community, city, state, or country
- **Digital Citizen (n.):** a person who understands how to use technology in safe, responsible ways for themselves and their community
- **Post (n.):** a comment, picture, or video shared on a website or application by an online user
- **Social Media (n.):** websites and applications that allow users to create, share, or participate in social communities online

Takes Care of Property (R3TCP)

- **Community (n.):** a group of people living in the same place and/or sharing the same interests or traits
- **Damage (n.):** harm caused to something that reduces its value, usefulness, or normal function
- **Disrespectful (adj.):** showing a lack of respect; impolite or rude
- **Property (n.):** something that belongs to someone, which can include physical objects, land, and ideas





# Vocabulary Reference Guide



## Empathy

Recognizes and Manages One's Own Emotions and Recognizes the Emotions of Others (E3RME)

- **Anticipation (n.):** a feeling of expectation experienced while waiting
- **Anxiety (n.):** a feeling of worry, nervousness, or unease, usually about the uncertainty of upcoming events
- **Grounded (adj.):** the state of being present and paying attention to surroundings
- **Stress (n.):** an internal or external feeling that causes bodily or mental tension
- **Uncertain (adj.):** not being sure about an outcome

Respects and Values Diversity in Others (E3RVD)

- **Opinion (n.):** a feeling or belief about something
- **Recognize (v.):** to take note of; acknowledge
- **Respect (v.):** demonstrating honor or high regard for someone else's feelings when speaking or acting

Respects Differing Cultural Norms (E3RDCN)

- **Culture (n.):** a way of life or a collection of experiences, languages, and traditions for a specific group of people
- **Norm (n.):** a normal, expected way to do things
- **Tradition (n.):** beliefs and cultural experiences passed down from generation to generation
- **Value (n.):** worth, importance

Aware of the Impact of One's Actions on Others (E3AIAO)

- **Comprehend (v.):** to understand
- **Hearing (n.):** recognizing sound with your ears
- **Interpret (v.):** figure out what something means or what someone is saying or doing
- **Listen (v.):** to hear, give attention to, and understand what someone is saying



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SC3SBMS)

- **Empathy (n.):** the ability to identify with the way another person may be feeling
- **Moral Development (n.):** the process of learning to understand the difference between right and wrong
- **Moral Judgment (n.):** an evaluation of which actions are right or wrong
- **Moral Motivation (n.):** when a person feels the need to decide to do what is right

Manages Overwhelming Thoughts or Emotions (SC3MOTE)

- **Calm (n.):** a feeling of ease, quiet, relaxation, and peace
- **Emotional Self-Regulation (n.):** managing one's own emotions without disturbing or upsetting other people
- **Emotional Trigger (n.):** a reminder of a past, uncomfortable personal experience
- **Focus (v.):** to give all of your attention to someone or something

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# Vocabulary Reference Guide



## Self-Control (continued)

**Controls Impulses and Delays Gratification (SC3CIDG)**

- **Delayed Gratification (n.):** the putting off of something mildly fun or enjoyable now, in order to get something that is more fun, pleasurable, or rewarding later
- **Gratification (n.):** a reason for satisfaction or pleasure
- **Impulse (n.):** a sudden urge or desire to do something without thought
- **Temptation (n.):** a desire to do something that may not be the best choice

**Shows Hope and Perseverance (SC3SHP)**

- **Accomplishment (n.):** something that has been achieved successfully
- **Challenge (n.):** a thought-provoking, stimulating, or difficult task to complete
- **Goal (n.):** the intended end of a pursuit or journey
- **Hopeful Thinking (n.):** a way of thinking that encourages persistent behaviors and actions
- **Perseverance (n.):** continued effort to finish a task even in the midst of difficulties



Grade 4

# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (C4AMKF)**

- **Closed-Minded (adj.):** difficulty understanding different thoughts, experiences, and/or opinions of other people
- **Consider (v.):** to think carefully about something
- **Open-Minded (adj.):** consider to understand different thoughts, experiences, and/or opinions of other people
- **Opinion (n.):** an idea, thought, or view about something, generally based on a feeling rather than a fact
- **Self-Confidence (adj.):** the feeling of trusting your abilities, decisions, and qualities

**Works with Others Toward a Common Goal (C4WOTCG)**

- **Benefit (n.):** a positive advantage gained from something
- **Competition (n.):** the act of working toward winning or gaining something by overcoming others who are working toward the same goal
- **Gracious (adj.):** kind, courteous, or pleasant
- **Sportsmanship (n.):** considerate, kind, and fair behavior when participating in sports or other competitive activities

**Resolves Differences Quickly (C4RDQ)**

- **Acknowledge (v.):** to recognize and accept what is happening
- **Compromise (n.):** an agreement reached through give and take
- **Conflict (n.):** a problem or issue
- **Consider (v.):** to think carefully about something
- **Resolution (n.):** the solution to a problem, dispute, or disagreement

**Cooperates as a Group Leader or a Member of the Group (C4CGLMG)**

- **Communication (n.):** an exchange of information, ideas, and messages from one person to another
- **Effective (adj.):** able to produce a desired or intentional result
- **Role (n.):** a smaller part a person has in a larger job, performance, or goal
- **Tone of Voice (n.):** the way that you speak to someone and the impression that it gives
- **Word Choice (n.):** a selection of the precise words used to effectively and respectfully communicate a message



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (A4SEO)**

- **Composure (n.):** the state of remaining calm, in control, and peaceful
- **Persevere (v.):** to continue with a task or assignment in the midst of adversity or pressure
- **Stress (n.):** an internal or external feeling that causes bodily or mental tension

**Able to Seek Help (A4ASH)**

- **Helper (n.):** someone you can trust to help or guide you
- **Recognize (v.):** to notice or be aware of
- **Self-Conscious (adj.):** feelingly overly aware or uncomfortable with oneself

(continued)



# Vocabulary Reference Guide



## Assertiveness (continued)

Shows Openness and Honesty (A4SOH)

- **Admit (v.):** to confess or make a statement confirming truth
- **Honest (adj.):** not being related to lies, deception, or falseness; truthful
- **Misstep (n.):** a mistake, most often made accidentally
- **Mistake (n.):** a thought or action that causes a person to make an error

Persists Through Challenging Events (A4PTCE)

- **Failure (n.):** the act of falling short or lacking success
- **Obstacle (n.):** something that blocks the way of completing a goal or task
- **Persistence (n.):** the act of continuing to work toward something even in the face of failures, doubts, or fears



## Responsibility

Selects the Best Option Among Choices for a Suitable Outcome (R4SBOSO)

- **Choice (n.):** the act of making a decision when faced with two or more options
- **Cons (n.):** the unpleasant aspects of a potential decision
- **Consequences (n.):** results or effects of an action or behavior
- **Pros (n.):** the pleasant aspects of a potential decision
- **Safety (n.):** the condition of being apart from people, items, or situations likely to cause harm or danger (physical or emotional)

Holds Oneself Accountable (R4HOA)

- **Apology (n.):** the regretful expression of a wrongdoing
- **Appropriate (adj.):** suitable or proper for a particular circumstance
- **Offend (v.):** to cause a person to feel badly, upset, or hurt

Demonstrates Social, Civic, and Digital Responsibility (R4SCDR)

- **Bullying (n.):** inappropriate and negative behaviors that aim to harm another individual emotionally or physically
- **Cyberbullying (n.):** inappropriate negative behavior used to harm another person through social media, texts, emails, or any other virtual, anonymous way
- **Digital Citizenship (n.):** the act of making responsible decisions online that contribute positively to the community
- **Digital Footprint (n.):** information about a person that exists on the internet because of their online activity

Takes Care of Property (R4TCP)

- **Laws (n.):** a set of practices or rules that a community follows
- **Monitor (v.):** to watch closely and make observations
- **Patrol (v.):** to watch over an area regularly
- **Property (n.):** an item or items that belong to a person; possessions
- **Rule (n.):** a guide or principle to follow to direct conduct or actions



# Vocabulary Reference Guide



## Empathy

Recognizes and Manages One's Own Emotions and Recognizes the Emotions of Others (E4RME)

- **Empathy (n):** the ability to understand and share someone else's feelings because you share the same experiences
- **Fear (n):** an unpleasant emotion caused by perceiving or anticipating danger, a threat, or pain
- **Mistrust (n):** the feeling of not having a strong belief in the truth or reliability of something or someone
- **Sympathy (n):** the feeling of sorry for another's suffering or misfortune
- **Trust (n):** firm belief in the reliability, truth, or ability of someone or something

Respects and Values Diversity in Others (E4RVD)

- **Appreciate (v):** to recognize the worth of someone or something
- **Different (adj):** not having the same characteristics or features as another
- **Respect (n):** demonstrating honor or high regard for someone else's feelings when speaking or acting
- **Similar (adj):** having almost the same characteristics or features

Respects Differing Cultural Norms (E4RDCN)

- **Communication (n):** an exchange of information, ideas, and messages from one person to another
- **Gesture (n):** a movement of a part of the body to communicate or express an idea
- **Language Barrier (n):** a communication limitation between people who cannot speak the same language
- **Nonverbal communication (n):** communication through the use of body language, including eye contact, facial expressions, and gestures

Aware of the Impact of One's Actions on Others (E4AIAO)

- **Bullying (n):** inappropriate and negative behaviors that aim to harm another individual emotionally or physically
- **Fact (n):** a thing that is known or proven to be true
- **Gossip (n):** conversation or personal details passed along about other people that are sometimes not true and in some cases cause social and emotional harm
- **Reputation (n):** a belief or opinion others may have about you
- **Rumor (n):** information being passed around about something or someone that is not proven to be fact
- **Safety Threat (n):** danger or harm that is happening or very likely to happen
- **Sensitive Information (n):** personal details or family topics that should remain private



# Vocabulary Reference Guide



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SC4SBMS)

- **Anger (n):** a strong feeling of displeasure or hostility
- **Disgust (n):** a strong feeling of disapproval, usually caused by something unpleasant or offensive
- **Fear (n):** an unpleasant emotion caused by perceiving or anticipating danger, a threat, or pain
- **Mistrust (n):** the feeling of not having a strong belief in the truth or reliability of something or someone

Manages Overwhelming Thoughts or Emotions (SC4MOTE)

- **Grounding (n):** to focus your senses on what is happening around you
- **Habitual (adj):** something done regularly, repeatedly, or customarily
- **Mindfulness (n):** the practice of focusing attention to recognize and manage emotions without suppression or judgment and to process those emotions in the appropriate area of the brain
- **Obsessive (adj):** always present in or excessively on one's mind

Controls Impulses and Delays Gratification (SC4CIDG)

- **Delayed Gratification (n):** the act of resisting the desire to take an immediately available reward in the hope of obtaining a more valuable reward in the future
- **Positive Distraction (n):** something that holds someone's attention without taxing or stressing the individual so it helps block unproductive or worrisome thoughts
- **Refocus (v):** to return distracted attention back to where it was previously

Shows Hope and Perseverance (SC4SHP)

- **Goal (n):** a plan or aspiration one hopes to achieve
- **Hope (n):** the feeling or desire to receive what you want or have positive results
- **Intentional (adj):** done on purpose or deliberately
- **Vision (n):** a calculated plan for the future



Grade 5



# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (C5AMKF)**

- **Dependable (adj):** trustworthy or reliable
- **Friendship (n):** a close relationship between people who like each other, are kind to each other, and support each other
- **Healthy (adj):** characterized by being in a good or positive condition
- **Mutual Respect (n):** the understanding that two or more individuals bring value to a relationship

**Works with Others Toward a Common Goal (C5WOTCG)**

- **Skill (n):** the ability to use one's knowledge and talents well
- **Strength (n):** a beneficial quality of an individual
- **Talent (n):** a natural or learned ability to do something well

**Resolves Differences Quickly (C5RDQ)**

- **Active Listening (n):** the act of concentrating on what someone is saying with a goal of understanding, rather than a goal of responding
- **Conflict Resolution (n):** the process of finding a peaceful solution to a disagreement or misunderstanding
- **Self-Awareness (n):** knowledge of oneself

**Cooperates as a Group Leader or a Member of the Group (C5CGLMG)**

- **Active Listening (n):** the act of concentrating on what someone is saying with a goal of understanding, rather than a goal of responding
- **Clarify (v):** to make something more understandable
- **Paraphrase (v):** to express the meaning of someone else's words (written or spoken) using different language



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (A5SEO)**

- **Patience (n):** the act of accepting delays, troubles, or suffering without getting angry or upset
- **Resentment (n):** a deep feeling of anger or displeasure at a wrong or mistreatment, whether perceived or real
- **Self-Awareness (n):** knowledge of one's character, tendencies, and habits
- **Self-Regulation (n):** the act of managing one's thoughts, emotions, and reactions to behave appropriately in different situations

**Able to Seek Help (A5ASH)**

- **Advocate (v):** to speak up for or support yourself, someone, or something
- **Conflict (n):** an issue or a problem
- **Peer (n):** a person of the same age, ability, or status as another person
- **Seek (v):** to search for something

**Shows Openness and Honesty (A5SOH)**

- **Influence (n):** an ability to affect the development or behavior of someone or something
- **Opinion (n):** a belief, judgment, or view formed about something or someone
- **View (n):** an attitude or opinion about how someone sees something

(continued)



# Vocabulary Reference Guide



## Assertiveness (continued)

Persists Through Challenging Events (A5PTCE)

- **Effort (n):** the act of consciously applying oneself to an activity by working hard
- **Experimentation (n):** the act of exploring or testing new ideas, methods, or activities
- **Persistence (n):** the act of continuing to work toward something even in the face of failures, doubts, or fears
- **Self-Efficacy (n):** an individual's capability to effectively achieve a goal



## Responsibility

Selects the Best Option Among Choices for a Suitable Outcome (R5SBOSO)

- **Choice (n):** selecting when given multiple options; a selection or option
- **External Conflict (n):** a struggle between an individual and another person or thing
- **Internal Conflict (n):** conflicting desires, wants, or beliefs that cause a struggle within oneself
- **Responsibility (n):** a duty, task, or expectation someone must fulfill or meet

Holds Oneself Accountable (R5HOA)

- **Accountability (n):** the act of being responsible
- **Commitment (n):** dedication to a cause or following through on a duty or goal
- **Reliability (n):** the quality of being consistent or trustworthy

Demonstrates Social, Civic, and Digital Responsibility (R5SCDR)

- **Consequence (n):** a result or effect of an action or condition
- **Digital (adj):** relating to electronic or computerized technology
- **Ethical (adj):** relating to moral principles or standards of conduct
- **Impact (n):** an effect on someone or something

Takes Care of Property (R5TCP)

- **Deface (v):** to ruin the surface of an object or place by actively damaging, writing on, or drawing on it
- **Ethical (adj):** relating to moral principles or standards of conduct
- **Steal (v):** to intentionally take something that belongs to another without receiving permission to do so
- **Trespass (v):** to go onto a person's land or property without permission
- **Vandalism (n):** the act of intentionally damaging someone's property or belongings



# Vocabulary Reference Guide



## Empathy

Recognizes and Manages One's Own Emotions and Recognizes the Emotions of Others (E5RME)

- **Impact (n):** an effect on someone or something
- **Outside Factors (n):** persuasive efforts, conditions, or situations that someone cannot control that affect behaviors, emotions, and opinions

Respects and Values Diversity in Others (E5RVD)

- **Differences (n):** features that make people or things unlike
- **Disgust (n):** a strong dislike or displeasure related to something one finds offensive

Respects Differing Cultural Norms (E5RDCN)

- **Culture (n):** the common customs, traditions, beliefs, and ideas of a group of people
- **Internal Conflict (n):** conflicting desires, wants, or beliefs that cause a struggle within oneself
- **Tension (n):** mental or emotional strain

Aware of the Impact of One's Actions on Others (E5AIAO)

- **Altruism (n):** the practice of helping others even if doing so causes personal discomfort
- **Service Learning (n):** a form of learning in which students seek to help others in the community, gain a deeper understanding of what it means to help, and learn new skills



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SC5SBMS)

- **Anger (n):** a strong feeling of annoyance, displeasure, or hostility
- **Outcome (n):** the way something turns out
- **Response (n):** a reaction or answer to someone or something

Manages Overwhelming Thoughts or Emotions (SC5MOTE)

- **Control (n):** the ability to regulate, influence, or direct something
- **Emotion (n):** a state of mind or mental reaction related to one's mood or experience, resulting in a feeling
- **Overwhelmed (adj):** overcome completely, as with great force or emotion
- **Self-Talk (n):** communication with oneself through words or thoughts

Controls Impulses and Delays Gratification (SC5CIDG)

- **Impulse (n):** a sudden, spontaneous urge to do something
- **Temptation (n):** a strong desire to do something that is often wrong or ill-advised

Shows Hope and Perseverance (SC5SHP)

- **Confidence (n):** a feeling of belief that one has the ability to do something
- **Effort (n):** the act of consciously applying oneself to an activity
- **Goal (n):** a result that a person or group desires and works toward
- **Grit (n):** firm determination to pursue a goal despite any obstacles
- **Perseverance (n):** the act of continuing to do something in spite of obstacles or difficulties



Grade 6

# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (C6AMKF)**

- **Boundaries (n):** guidelines you set and enforce that let others know how you want to be treated and where your personal space is
- **Healthy Communication (n):** the ability to express emotions, experiences, thoughts, and needs in a positive, open, and respectful way
- **Mutual Respect (n):** acknowledgement that all people in a conversation or relationship bring value

**Works with Others Toward a Common Goal (C6WOTCG)**

- **Feedback (n):** responses or reactions to someone's work that can be used to revise the work in the future
- **Follower (n):** a person who follows or goes along with the direction of another person
- **Leader (n):** the person who leads or commands a group, organization, or country

**Resolves Differences Quickly (C6RDQ)**

- **Mediate (v):** to act as a go-between in a conflict in order to bring about an agreement
- **Objectivity (n):** the quality of lacking bias or judgment coming from one's personal feelings
- **Paraphrase (v):** to restate someone else's words using different language but keeping the original meaning

**Cooperates as a Group Leader or a Member of the Group (C6CGLMG)**

- **Advocate (v):** to speak up for yourself, for another person, or an idea that you believe in
- **Common Goal (n):** a pursuit or journey that is shared within a group
- **Contract (n):** a written or verbal agreement that holds the parties responsible for what has been agreed upon
- **Inappropriate (adj):** improper behaviors or actions for the circumstances



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (A6SEO)**

- **Boundaries (n):** guidelines you set and enforce that let others know how you want to be treated and where your personal space is
- **Crossing Boundaries (v):** acting in a way that does not respect a person's feelings, space, or needs to an extent that is unacceptable to that person
- **Vulnerable (adj):** being open to expressing thoughts or ideas that may cause you to experience uncomfortable or hurt feelings

**Able to Seek Help (A6ASH)**

- **Initiate (v):** to cause a process or action to begin
- **Self-Advocacy (n):** speaking up for yourself and what you need
- **Well-Being (n):** a state of being that is generally positive, composed, and healthy

**Shows Openness and Honesty (A6SOH)**

- **Opinion (n):** a personal view developed from one's beliefs, experiences, and values
- **Values (n):** one's morals and personal standards that guide one's beliefs and behaviors; one's judgment of what is important in life

(continued)



# Vocabulary Reference Guide



## Assertiveness (continued)

**Persists Through Challenging Events (A6PTCE)**

- **Grit (n):** the ability to persevere toward a long-term goal, especially during setbacks or moments of difficulty
- **Knowledge (n):** an understanding of something
- **Skill (n):** the ability to do something well
- **Talent (n):** a natural aptitude or skill



## Responsibility

**Selects the Best Option Among Choices for a Suitable Outcome (R6SBOSO)**

- **Internal Conflict (n):** a mental struggle rooted in conflicting demands, desires, or impulses
- **Immediate Gratification (n):** instant satisfaction, reward, or payoff
- **Long-Term Consequence (n):** repercussions or benefits that are experienced well after an action has occurred
- **Long-Term Goal (n):** something that you want to accomplish in the distant future
- **Short-Term Goal (n):** something you want to accomplish in the near future

**Holds Oneself Accountable (R6HOA)**

- **Accountability (n):** an obligation or willingness to accept responsibility or to account for one's words or actions
- **Expectations (n):** actions or behaviors that are considered obligations one must fulfill
- **Integrity (n):** the quality of being honest, having strong morals, and consistently doing the right thing
- **Trust (n):** firm belief in the reliability, truth, ability, or strength of someone or something

**Demonstrates Social, Civic, and Digital Responsibility (R6SCDR)**

- **Digital Footprint (n):** the information about a person that exists on the Internet as a result of their online activity
- **Digital Reputation (n):** the overall judgment of character about a person as a result of their online activity
- **Personal Brand (n):** an identity that is formed by what you do and believe

**Takes Care of Property (R6TCP)**

- **Borrow (v):** to take someone's belongings with permission and with the intention of returning them
- **Community (n):** a group of people living in the same place or having a particular characteristic in common
- **Neglect (v):** to not give adequate attention to
- **Steal (v):** to take another person's property without permission or legal right and without intending to return it



# Vocabulary Reference Guide



## Empathy

Recognizes and Manages One's Own Emotions and Recognizes the Emotions of Others (E6RME)

- **Emotional Awareness (n):** the ability to identify and make sense of feelings and emotions of yourself and others
- **Self-Compassion (n):** having sympathy for your difficulties and distress in the same way you have sympathy for others
- **Self-Regulation (n):** mapping one's own emotions without disturbing or upsetting other people

Respects and Values Diversity in Others (E6RVD)

- **Diverse (adj):** different or unlike others
- **Perspective (n):** a point of view
- **Value System (n):** the standards, norms, and goals that guide a person's choices

Respects Differing Cultural Norms (E6RDCN)

- **Bias (n):** an opinion in favor of or against a person or group
- **Culture (n):** a way of life or a collection of experiences, languages, and traditions for a specific group of people
- **Empathy (n):** the ability to recognize and understand another's state of mind or emotions
- **Honor (v):** to value or have great respect for

Aware of the Impact of One's Actions on Others (E6AIAO)

- **Attitude (n):** a settled way of thinking or feeling about something
- **Gratitude (n):** the quality of being thankful



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SC6SBMS)

- **Bystander (n):** someone present but not involved in a stressful or harmful situation
- **Integrity (n):** the quality of being honest, having strong morals, and consistently doing the right thing
- **Procrastination (n):** the delaying or putting off of something that needs to be done
- **Self-Control (n):** the ability to control one's emotions, actions, and feelings, especially during difficult situations

Manages Overwhelming Thoughts or Emotions (SC6MOTE)

- **Feelings (n):** an emotional state or reaction
- **Fixed Mindset (n):** a belief that abilities are fixed and cannot be developed through hard work and dedication
- **Growth Mindset (n):** a belief that basic qualities, like intelligence or talent, can change through hard work and dedication

Controls Impulses and Delays Gratification (SC6CIDG)

- **Burnout (n):** physical or mental exhaustion caused by overwork or stress
- **Impulse Control (n):** the ability to control temptations and urges
- **Stamina (n):** the ability to sustain prolonged physical or mental effort

Shows Hope and Perseverance (SC6SHP)

- **Guidance (n):** advice given by someone with knowledge or experience to properly direct another person's decision
- **Pursuit (n):** the action of following or pursuing someone or something
- **Visualize (v):** to form a mental image



Grade 7



# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (C7AMKF)**

- **Inclusive (adj):** including all types of things, such as all varieties of perspectives, ideas, thoughts, and experiences
- **Nonverbal Communication (n):** a way of conveying a message with body language, facial expressions, and gesture
- **Respect (n):** to act in a way that shows care, concern, and regard for other people, including their feelings, thoughts, personal space, and belongings
- **Stereotype (n):** a fixed or generalized belief about a group of people that is untrue or only partly true

**Works with Others Toward a Common Goal (C7WOTCG)**

- **Assess (v):** to evaluate one's tendencies, choices, attitudes, strengths, areas of growth, or knowledge
- **Coast (v):** to make minimal progress, without putting in much effort
- **Individual Success (n):** achievement from one's own effort

**Resolves Differences Quickly (C7RDQ)**

- **Advocate (v):** to speak up for what you need or want

**Cooperates as a Group Leader or a Member of the Group (C7CGLMG)**

- **Active Listening (v):** an intentional effort to concentrate on a speaker's message
- **Argument (n):** diverging or opposite views that may manifest as a heated or angry conversation
- **Conversation (n):** an exchange of ideas, thoughts, opinions, or news between individuals



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (A7SEO)**

- **Coexist (v):** to exist at the same time or in the same place as something or someone
- **Opposing Opinion (n):** a contrasting opinion to the one originally presented
- **Receptive (adj):** willing to consider or accept new suggestions and ideas
- **Tune Out (v):** to stop listening or paying attention

**Able to Seek Help (A7ASH)**

- **Personal Goal (n):** an accomplishment or desired result one sets for one's self
- **Long-Term Goal (n):** a desired result an individual wants to achieve in the future, within a few months or years
- **Self-Advocate (v):** to be open to expressing thoughts or ideas that might cause one to experience uncomfortable feelings
- **Short-Term Goal (n):** a desired result an individual wants to achieve in the near future, within days or a few weeks
- **Vulnerable (adj):** being open to expressing thoughts and ideas that might cause you to experience uncomfortable feelings

(continued)

# Vocabulary Reference Guide



## Assertiveness (continued)

Shows Openness and Honesty (A7SOH)

- **Aggressive Communication (n):** expressing personal needs and desires in a way that does not take into account the welfare of others
- **Assertive Communication (n):** expressing positive and negative ideas and feelings in an open, honest, and direct way while respecting the rights of others
- **Exclusion (n):** restricting or preventing others from being a part of something
- **Inclusion (n):** welcoming or inviting others to be a part of something
- **Passive Communication (n):** avoiding expressing opinions or feelings to meet individual needs

Persists Through Challenging Events (A7PTCE)

- **Affirmation (n):** a statement that provides emotional support or encouragement
- **Growth Mindset (n):** the belief that your skills and abilities can be developed through hard work, learning, and feedback
- **Silver Lining (n):** an optimistic metaphor suggesting that bad events or situations can have some positive aspect



## Responsibility

Selects the Best Option Among Choices for a Suitable Outcome (R7SBOSO)

- **Consequence (n):** a result or effect of an action
- **Rash Decision (n):** a decision or choice made without careful consideration of the possible consequences
- **Weighing Options (v):** to think carefully about one's possibilities or choices

Holds Oneself Accountable (R7HOA)

- **Direct Communication (n):** a clear expression of one's true thoughts, feelings, and opinions
- **Passive-Aggressive (adj):** relating to a behavior that expresses negative feelings or anger in a subtle or indirect manner

Demonstrates Social, Civic, and Digital Responsibility (R7SCDR)

- **Anger (n):** a strong feeling of annoyance, displeasure, or hostility
- **Facade (n):** a deceptive outward appearance
- **Hate Speech (n):** threatening or abusive words that encourage violence or prejudice toward a person or group based on race, religion, sex, or sexual orientation
- **Online Predator (n):** someone who seeks out individuals online in order to manipulate, control, or even harm them through an online presence
- **Sarcasm (n):** the use of a sharp, ironic expression to hurt or taunt

Takes Care of Property (R7TCP)

- **Personalize (v):** to customize an item to meet someone's individual requirements
- **Vandalize (v):** to destroy or damage public or private property on purpose



# Vocabulary Reference Guide



## Empathy

Recognizes and Manages One's Own Emotions and Recognizes the Emotions of Others (E7RME)

- **Compassion (n):** sympathy for others' distress, usually with a desire to help
- **Empathy (n):** the ability to understand another person's state of mind or emotions
- **Groupthink (n):** the practice of thinking or making decisions as a group, resulting typically in unchallenged, poor-quality decision-making

Respects and Values Diversity in Others (E7RVD)

- **Culture (n):** the ideas, customs, and social behavior of a particular people or society
- **Worldview (n):** a particular idea about the world based on an individual's perception and experience

Respects Differing Cultural Norms (E7RDCN)

- **Cultural Norms (n):** the customs and social behavior shared by a group of people
- **Limitations (n):** restrictions or controls on a behavior

Aware of the Impact of One's Actions on Others (E7AIAO)

- **Activist (n):** a person who organizes and participates in events that bring awareness and change to social justice issues
- **Explicit (adj):** completely clear and specific, leaving no room for doubt
- **Social Cues (n):** verbal and nonverbal signals used to alert others on how to act in an appropriate way
- **Social Justice (n):** the belief that everyone deserves equal social, economic, and political opportunities regardless of race, socioeconomic status, religion, or other characteristics



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SC7SBMS)

- **Behavioral Standards (n):** a norm that dictates which personal actions, language, and attitudes are accepted for a particular group of individuals
- **Moral (adj):** related to the principles of right and wrong behavior based on personal values and beliefs
- **Moral Standards (n):** a norm that dictates which actions are widely considered acceptable or unacceptable by the community
- **Social Standards (n):** a rule of society that differs from culture to culture to make up what's seen as normal, acceptable, respectful behavior

Manages Overwhelming Thoughts or Emotions (SC7MOTE)

- **Anger (n):** a strong feeling of annoyance, displeasure, or hostility
- **Fear (n):** an emotion caused by a perceived threat of real danger, pain, or harm
- **Disgust (n):** a strong feeling of disapproval for something unpleasant or offensive
- **Mistrust (n):** having no trust for someone or something

(continued)

# Vocabulary Reference Guide



## Self-Control (continued)

Controls Impulses  
and Delays  
Gratification  
(SC7CIDG)

Shows Hope and  
Perseverance  
(SC7SHP)

- **Barrier (n):** an obstacle that prevents movement or access
  - **Present (adj):** having your focus, your attention, your thoughts, and your feelings all fixed on the task at hand
  - **Temptation (n):** the desire to do something that may be wrong or unwise
- 
- **Backwards Planning (n):** a planning of action steps in reverse, starting with the end result in mind
  - **Proactive (adj):** taking action to control a situation before it occurs, rather than responding after an event has happened
  - **Procrastination (v):** to put off doing something
  - **Time Management (n):** the ability to use one's time effectively or productively



Grade 8

# Vocabulary Reference Guide



## Cooperation

**Able to Make and Keep Friends (C8AMKF)**

- **Constructive Criticism (n):** thoughtful, informed feedback about someone's work with the intention of helping them improve
- **Defensive (adj):** in a manner that challenges or deflects criticism
- **Ego (n):** a person's sense of self-esteem or self-importance

**Works with Others Toward a Common Goal (C8WOTCG)**

- **Group Dynamics (n):** the interacting forces between individuals in a group
- **Shared Goal (n):** a goal that is shared by common parties

**Resolves Differences Quickly (C8RDQ)**

- **Compromise (n):** an agreement or settlement of a dispute that is reached by each side making concessions
- **Conflict (n):** a serious disagreement, difference of opinion, or struggle between people
- **Humility (n):** a modest view of one's importance or accomplishments
- **Pride (n):** an excessive amount of self-esteem or self-importance

**Cooperates as a Group Leader or a Member of the Group (C8CGLMG)**

- **Inclusive (adj):** actively accepting and inviting differences
- **Overbearing (adj):** unpleasantly or forcefully overpowering
- **Passion (n):** a strong, sometimes overpowering, emotion or interest
- **Productivity (n):** the act of getting a great deal of work accomplished



## Assertiveness

**Expresses Strong Emotions and Opinions Effectively (A8SEO)**

- **Aggressive (adj):** unnecessarily forceful
- **Assertive (adj):** able to take an initiative, stand up for ideas, seek help, and persist through challenging tasks

**Able to Seek Help (A8ASH)**

- **Initiate (v):** to cause a process or action to begin
- **Mentor (n):** a trusted and admired person/friend with lots of experience who can help guide you with sound advice and positive behaviors
- **Vulnerability (n):** being open to expressing thoughts or ideas that might cause you to experience uncomfortable or hurt feelings

**Shows Openness and Honesty (A8SOH)**

- **Controversial (adj):** debatable, argumentative, publicly disagreeing
- **Diplomatic (adj):** able to discuss topics in a sensitive and tactful way
- **Emotional Response (n):** a response or reaction to an internal or external force that triggers a strong emotion

**Persists Through Challenging Events (A8PTCE)**

- **Failure (n):** lack of success; falling short of an expectation
- **Mistake (n):** a misguided decision or action; a figure or fact that is incorrect
- **Neuroplasticity (n):** the brain's ability to reshape its connection between nerve cells, especially when it learns something new or following an injury



# Vocabulary Reference Guide



## Responsibility

Selects the Best Option Among Choices for a Suitable Outcome (R8SBOSO)

- **Consequence (n):** a result or effect of an action or decision that will have an impact in the near or distant future
- **Internal Conflict (n):** a struggle within an individual, usually involving emotions or an ethical dilemma
- **Self-Examination (v):** a reflection on one's behaviors and actions

Holds Oneself Accountable (R8HOA)

- **Apology (n):** an acknowledgment of wrongdoing accompanied by sincere remorse
- **Commitment (n):** an agreement that requires follow-through
- **Follow-Through (n):** to continue working on something until it is complete

Demonstrates Social, Civic, and Digital Responsibility (R8SCDR)

- **Activism (n):** the act of working to enact change within a community
- **Reputation (n):** beliefs held about someone's character, success, or behavior
- **Social Justice (n):** the belief that everyone deserves equal social, economic, and political opportunities regardless of race, socioeconomic status, religion, or other characteristics

Takes Care of Property (R8TCP)

- **Community (n):** a group of people who live in the same environment and share culture and identity
- **Property (n):** possessions belonging to someone or something



## Empathy

Recognizes and Manages One's Own Emotions and Recognizes the Emotions of Others (E8RME)

- **Emotional Trigger (n):** any concept that makes us feel uncomfortable or provokes a strong emotional reaction

Respects and Values Diversity in Others (E8RVD)

- **Culture (n):** the ideas, customs, and social behavior of a particular people or society
- **Identity (n):** the way you think about yourself, the way you are viewed by the world, and the characteristics that define you
- **Perspective (n):** a point of view

Respects Differing Cultural Norms (E8RDCN)

- **Identity (n):** the attributes, values, and attitudes that define a person
- **Stereotype (n):** an untrue belief about a group of people that is widely held as true or factual

Aware of the Impact of One's Actions on Others (E8AIAO)

- **Commitment (n):** an agreement or pledge to do or finish something
- **Forgiveness (n):** the act of changing your feelings and attitudes about something that has offended or hurt you and overcoming uncomfortable emotions
- **Grudge (n):** a persistent feeling of ill will or bitterness that stems from a past insult or injury



# Vocabulary Reference Guide



## Self-Control

Adheres to Social, Behavioral, and Moral Standards (SC8SBMS)

- **Behavioral Norms (n):** a set of standards that outline acceptable ways for people to act
- **Transition (n):** passage from one state or position to another

Manages Overwhelming Thoughts or Emotions (SC8MOTE)

- **Obsessive Thinking (n):** getting caught up in a persistent (and often negative) thought or idea
- **Snowball Effect (n):** an action or event that starts small but causes and accumulates many other consequences

Controls Impulses and Delays Gratification (SC8CIDG)

- **Impulse (n):** a sudden desire to do something
- **Peer Pressure (n):** influence from an individual or one's community to coerce someone to do something
- **Self-Awareness (n):** the state of being mindful of one's self
- **Self-Sabotage (n):** the act of doing something to oneself, unconsciously or consciously, that is against what is truly wanted or needed
- **Temptation (n):** the desire to do or have something appealing that may be negative or unwise

Shows Hope and Perseverance (SC8SHP)

- **Confidence (n):** a belief in one's own abilities
- **Cynical (adj):** believing that humans are typically motivated by self-interest
- **Foresight (n):** the ability to see what will occur or be needed in the future
- **Hindsight (n):** a clearer understanding of a circumstance after the events have occurred
- **Optimistic (adj):** hopeful and confident about the future

