Essential Terms

Term	PreK-2nd	3rd-6th	JH-HS
A			
Absence	When someone is not at school or misses something they were supposed to go to	When someone is not present or misses school, class, or another activity they were expected to attend	When someone is not present or misses school, class, or another activity they were expected to attend
Academic Confidence	Believing you can do well on your schoolwork	Believing you have the skills and knowledge to do well on school tasks or assignment	Believing you have the skills and knowledge to do well on school tasks or assignments
Academic Well-Being	Practicing habits and skills that help us grow and keep learning	Practicing habits and skills that help us grow and keep learning	The knowledge and skills we learn that make us active and lifelong learners
Active Listening	Really paying attention so you can understand and respond kindly	When someone pays attention to the speaker so they can understand and respond with care	When someone pays attention to the speaker so they can understand and respond with care
Actualization (Maslow's)	Becoming our superstar self and helping others	Becoming the best version of ourselves, thriving in life, using strengths to help others	Becoming the best version of ourselves, thriving in life, using strengths to help others
Adaptable (In Focus Character Trait)	Able to change easily when things around you change	Able to adjust to different things, changes, and ideas	Able to adjust to different things, changes, and ideas
Addiction (Drug-Free)	N/A	N/A	A condition where a person becomes dependent on a substance or behavior, even when it causes harm
Aerobic Exercise	Exercise that makes your heart beat faster and your lungs breathe harder	Exercise that increases heart rate and breathing, improving cardiovascular fitness	Exercise that increases heart rate and breathing, improving cardiovascular fitness
Affirmation	A nice thing you say to yourself to feel brave or happy	A positive statement you tell yourself to feel encouraged or confident	A positive statement you tell yourself to feel encouraged or confident
Aggression	Behavior that can hurt others, damage things, or make people feel unsafe	Behavior that can hurt others, damage things, or make people feel unsafe	Behavior that can hurt others, damage things, or make people feel unsafe
Alcohol	N/A	A drug taken as a drink that changes how people feel and act	A drug taken as a drink that changes how people feel and act

Term	PreK-2nd	3rd-6th	JH-HS
Amotivation	Not wanting to do something because it feels too hard, boring, or you are not sure why it matters	Not feeling motivated to do something because it seems too hard, boring, or you do not understand why it is important	Not feeling motivated to do something because it seems too hard, boring, or you do not understand why it is important
Anxiety	When you feel nervous or worried, even if nothing scary is happening	When you feel scared, nervous, or worried, even if there is no clear reason. It is your body's way of reacting to stress	When you feel scared, nervous, or worried, even if there is no clear reason. It is your body's way of reacting to stress
Apology	Saying sorry and telling the truth when you hurt someone or do something wrong	Saying sorry and taking responsibility when you hurt someone or make a mistake	Saying sorry and taking responsibility when you hurt someone or make a mistake
Apply	To use what you know in a new way or to solve a real-life problem	To use what you know in a new way or to solve a real-life problem	To use what you know in a new way or to solve a real-life problem
Assertive	Speaking up for yourself in a kind and confident way	Speaking up for yourself in a kind and confident way	Speaking up for yourself in a kind and confident way
Attendance	Going to school each day so you do not miss important things	Going to school each day so you do not miss important learning and experiences	Going to school each day and being present so you do not miss important learning and experiences
Attention	Noticing something around you	Noticing or tuning in to something around you	Noticing or tuning in to something around you
Attitudes	N/A	N/A	How we think and feel about something, which can influence the way we act
B			
Background (Self Awareness)	The places, people, and things you have done that shape who you are	The places, people, and experiences that shape who you are	The places, people, and experiences that shape who you are
Basic Needs (Maslow's)	Important things we need to survive: food, water, sleep, and shelter	Important things we need to survive: food, water, sleep, and shelter	Essentials for survival, like food, water, and shelter.
Beliefs	The ideas and feelings you think are true	The ideas and feelings you think are true	The ideas and feelings you think are true
Belonging	When others invite you to join and you feel close to others	Feeling accepted, included, and connected to others	Feeling accepted, included, and connected to others
Body Language	Using your face, hands, or body to show how you feel without saying words	Communicating messages or feelings using our face, hands, or body without talking	Communicating messages or feelings using our face, hands, or body without talking

Term	PreK-2nd	3rd-6th	JH-HS
Boundary	Rules we set for ourselves and tell others about so we can stay safe and comfortable	Rules we set for ourselves and tell others about so we can stay safe and comfortable	The limits we set for ourselves and are responsible for sharing with others so they will know how we want to be treated
Brave (In Focus Character Trait)	Doing something without showing fear	Not letting fear hold us back from trying new things, hard things, or making good choices	Not letting fear hold us back from trying new things, hard things, or making good choices
Bully (verb)	Hurting or picking on others on purpose, over and over again	Hurting or picking on others on purpose, over and over again	
Bullying	When someone is mean again and again to hurt others	Repeated, hurtful behavior to control or scare someone	Repeated, hurtful behavior to control or scare someone
Bystander (bullying)	A person who sees bullying and decides to stand by and do nothing	A person who sees bullying happening, but does not do anything about it	A person who sees bullying happening, but does not do anything about it
C			
Celebrate		To recognize and praise something done well	
Change	When something becomes different than it was before	When something becomes different than it was before	When something becomes different than it was before
Character	The way a person thinks, feels, and acts — especially about what is right and wrong	The way a person thinks, feels, and acts — especially about what is right and wrong	The moral and ethical traits that define a person's behavior and values
Choice	When you pick between two or more things	A decision you make when you have more than one option	A decision you make when you have more than one option
Citizen (In Focus Character Trait)	Someone who is part of a group or community	A member of a group or community	A member of a group or community
Civility	Being polite and kind to others, even if you do not agree with them	Being polite, respectful, and kind to others, even when you do not agree with them	Being polite, respectful, and kind to others, even when you do not agree with them
Clean	To make a space neat and organized by putting things away and keeping it free of messes	To make a space neat and organized by putting things away and keeping it free of messes	N/A
Collaboration	Working as a team to get something done together	Working together to reach a common goal	Working together to reach a common goal

Term	PreK-2nd	3rd-6th	JH-HS
Collaborator (In Focus Character Trait)	Works well with others to finish a job	Works well with others to complete a job or task	Works well with others to complete a job or task
Communicator (In Focus Character Trait)	Shares ideas and facts with others	Shares ideas and information with others	Shares ideas and information with others
Communication	How we share our thoughts and feelings with others	How we share ideas, thoughts, and feelings with others	How we share ideas, thoughts, and feelings with others
Community	A group of people who work, live, or play together	A group of people who live or work together in the same place	A group of people who share a common space, interest, or goal and support one another
Compassion	Caring about someone and doing something to help them	Feeling care and concern for someone and doing something to help	Feeling care and concern for someone and doing something to help
Conflict	A disagreement or problem	A disagreement or problem	A disagreement or problem
Connection	When people see us, listen to us, and care about us	When we feel seen, heard, and valued by other people	When we feel seen, heard, and valued by other people
Condition (as in Conditions of Well-Being)	Something needed for something else to happen or work	Something that must exist for something else to happen or work well	Something that must exist for something else to happen or work well
Confidence	Believing in yourself and what you can do	Believing in yourself and your abilities	Believing in yourself and your abilities
Connections (Deep learning)	Links between ideas, people, or experiences that help you learn and use what you know	Links or relationships between ideas, subjects, people, or experiences that help you understand and use knowledge in new ways	Links or relationships between ideas, subjects, people, or experiences that help you understand and use knowledge in new ways
Consequence	What happens after making a choice	The result or outcome that happens after making a choice	The result or outcome that happens after making a choice
Constitution	N/A	A set of rules that explains how a group, school, or country is run and what rights and responsibilities everyone has	A rulebook for government, outlining rights and responsibilities

Term	PreK-2nd	3rd-6th	JH-HS
Consumer (Digital Citizenship Role)	Someone who uses online information carefully by checking if it is true and trustworthy	Someone who thoughtfully uses digital content by evaluating the accuracy, perspective, and reliability of the information they encounter	Someone who thoughtfully uses digital content by evaluating the accuracy, perspective, and reliability of the information they encounter
Control	Having the power to make choices and manage your actions	Having the power to make choices and manage your actions	Having the power to make choices and manage your actions
Cope	To deal with big feelings or problems in a healthy way	To handle difficult feelings or problems in a healthy way	To handle difficult feelings or problems in a healthy way
Coping Strategies or Coping Skills	Healthy ways to deal with big feelings or problems	Healthy ways to handle difficult feelings or problems	Healthy ways to handle difficult feelings or problems
Courage	Doing something new or different even if you feel scared	A mindset that helps us move forward or do what is right, even when you feel afraid	Moving forward or doing what is right, even when you feel afraid
Creative (In Focus Character Trait)	Thinking of new and smart ways to solve problems or make things	Solves problems with new and innovative ideas and solutions	Solves problems with new and innovative ideas and solutions
Creator (Digital Citizenship Role)	Someone who uses technology to share ideas, solve problems, and be kind and respectful to others	Someone who uses technology to share ideas, solve problems, and contribute positively while communicating with respect and empathy	Someone who uses technology to share ideas, solve problems, and contribute positively while communicating with respect and empathy
Critical Thinker (In Focus Character Trait)	Looks carefully, asks questions, and tries to understand things	Solves problems with new and innovative ideas and solutions	Looks carefully at information and organizes their thoughts and ideas
Culture	The special ways people do things, like their food, clothes, holidays, language, and what they believe	The way people live, including their traditions, food, clothing, language, and beliefs	The way people live, including their traditions, food, clothing, language, and beliefs
Curious (In Focus Character Trait)	Asks questions to know and learn, or to try something new	Asks questions to know and learn, or to try something new	Asks questions to know and learn, or to try something new

Term	PreK-2nd	3rd-6th	JH-HS
Cyberbullying	Someone who bullies others online, using computers, the internet, or phones	Someone who bullies others online, using computers, the internet, or phones	Someone who bullies others online, using computers, the internet, or phones
D			
Deep Learning	Using what you know to solve new problems in different situations	Using what you already know to make connections and use your knowledge or skills to solve real-life problems	Using prior understanding to connect seemingly unrelated areas and both apply and transfer knowledge or skills to solve new real-world problems
Defiance	Pushing back against rules or expectations by arguing, refusing, or not taking responsibility for choices	Pushing back against rules or expectations by arguing, refusing, or not taking responsibility for choices	Pushing back against rules or expectations by arguing, refusing, or not taking responsibility for choices
Dependable	People can count on you to do what you say you will do	Others can count on you because you follow through and can be trusted	Others can count on you because you follow through and can be trusted
Depression	When you feel really sad for a long time, and it makes everyday things harder	When you feel very sad or empty for a long time, and it can make daily life hard	When you feel very sad or empty for a long time, and it can make daily life hard
Dialogue	Talking and listening where everyone's ideas matter and people work together	Talking and listening where everyone's ideas matter and people work together	Talking and listening where everyone's ideas matter, leading to better problem-solving, empathy, cooperation, and connection
Diet	N/A	N/A	The mix of foods and drinks that you consume regularly
Different	Not the same	N/A	N/A
Digital Citizens	Someone who makes good choices online when they watch, create, or share	Someone who makes good choices online—watching carefully, creating and sharing responsibly, and being kind and safe in the digital community	Someone who uses technology wisely—consuming content thoughtfully, creating and sharing responsibly, and acting with respect and care as part of the digital community
Discrimination (Power of Words)	N/A	N/A	Unfair or unkind treatment based on the characteristic(s) of a person

Term	PreK-2nd	3rd-6th	JH-HS
Distraction	Anything that makes it hard to pay attention to what you are doing	Something that pulls your mind away from what you are trying to do	Something that pulls your mind away from what you are trying to do
Dreamer (In Focus Character Trait)	One who thinks about what could happen or what they could create	One who imagines possibilities	One who imagines possibilities
Drugs	Anything, besides food, that we put into our bodies that causes a reaction	Anything, besides food, that we put into our bodies that causes a reaction	Substances that cause a reaction or change the way our mind or body works
E			
Eating Disorder	N/A	N/A	A mental health condition that affects one's relationship to food
Eloping	Leaving a designated safe area, classroom, or school building without permission or supervision	Leaving a designated safe area, classroom, or school building without permission or supervision	Leaving a designated safe area, classroom, or school building without permission or supervision
Emergency	When someone is badly hurt or in danger and needs help right now	When someone is badly hurt or in danger and needs help right now	N/A
Emotion	A feeling we have inside, like happy, sad, or angry	A feeling we have inside, like happy, sad, or angry	Feelings that come from how we notice and react to what happens
Emotional Intelligence	N/A	The ability to understand and manage your own emotions, and to recognize what others are feeling so you can respond well	The ability to understand and manage your own emotions, and to recognize what others are feeling so you can respond well
Emotional Well-Being	Knowing how you feel, staying calm, and showing feelings in healthy ways	Understanding feelings, staying calm, and expressing emotions in healthy ways	Understanding feelings, staying calm, and expressing emotions in healthy ways
Empathy	The ability to understand and share the feelings of another person	The ability to understand and share the feelings of another person	The ability to understand and share the feelings of another person
Energy (nutrition)	The power your body gets from food, water, and sleep that helps you run, jump, play, and learn	The power your body gets from food, water, and sleep that helps you run, jump, play, and learn	The power your body gets from food, water, and rest that helps you move, think, grow, and stay active
Escalate	When emotions get bigger, stronger, or more serious	When emotions become more intense, serious, or out of control	When emotions become more intense, serious, or out of control

Term	PreK-2nd	3rd-6th	JH-HS
Esteem (Maslow's)	Feeling happy about who you are and being liked by others	Feeling good about ourselves and gaining respect from others	Feeling good about ourselves and gaining respect from others
Equity	Giving each person what they need, even if it is different for everyone	Giving each person what they need individually, even if it is different for everyone	Giving each person the specific resources and opportunities they need based on their different circumstances to achieve equal outcomes
Equality	Giving each person the same thing	Giving everyone the same help and chances	Giving every person or group the same resources and opportunities
Evidence	Facts or clues that help show something is true	Facts, clues, or information that help prove something is true	Facts, clues, or information that help prove something is true
Exercise	Playing and moving your body to help you stay healthy and strong	Physical activity that keeps your body strong, healthy, and full of energy	Physical activity that gets your body moving, makes your heart beat faster, and helps you stay healthy and strong
Exercise (Moderate)	N/A	Physical activity that increases your heart rate and breathing, but still allows you to talk.	Physical activity that increases your heart rate and breathing, but still allows you to talk.
Exercise (Vigorous)	N/A	Physical activity that makes you breathe hard and fast, and you can only speak a few words at a time.	Physical activity that makes you breathe hard and fast, and you can only speak a few words at a time.
Expectations	How we are supposed to behave, participate, and treat others	Guidelines for how we should behave, participate, and treat others	Guidelines for how we should behave, participate, and treat others
External Motivation	N/A	Wanting to do something for outside rewards or recognition, like trophies, praise, or avoiding trouble	Wanting to do something for outside rewards or recognition, like trophies, praise, or avoiding trouble
F			
Fact	Something that is true and does not change, no matter who says it	Something that can be proven true using evidence and it stays true no matter who says it or believes it	Something that can be proven true using evidence and it stays true no matter who says it or believes it
Family	People who are related to each other like parents, brothers, sisters, cousins, or grandparents	N/A	N/A
Favorites	Things you like the most	Things you like the most	N/A

Term	PreK-2nd	3rd-6th	JH-HS
Feedback	When someone tells you what you did well or what you can do better next time	When someone tells you what you did well or what you can do better next time	Information or advice that helps you see what you are doing well and where to improve
Fuel (nutrition)	Something that gives power or strength to help things work or move	Substances that give power or energy to help things work or move	Substances that give power or energy to help things work or move
Fixed Mindset	The idea that we cannot get better at things or change who we are	The belief that our abilities and traits are set and cannot change	The belief that our abilities and traits are set and cannot change
Flexible (change)	Being able to change what you do when things are not how you thought they would be	The ability to adjust or adapt when things are different than expected	The ability to adjust or adapt when things are different than expected
Flexibility (exercise)	Movements that help your body bend, twist, and move more easily	Movements that help your muscles stay loose, improve your range of motion, and prevent injuries	Movements that help your muscles stay loose, improve your range of motion, and prevent injuries
Focus	Giving all your attention to just one thing at a time	Giving all your attention and energy to just one thing while blocking out distractions	Giving all your attention and energy to just one thing while blocking out distractions
Food Group	Groups of foods that are similar and give your body the same kinds of nutrients	A category of similar foods that give your body the same kinds of nutrients	A category of similar foods that give your body the same kinds of nutrients
Forgive	Letting go of bad feelings towards someone who hurt you, so you can feel better and move on	Letting go of bad feelings towards someone who hurt you, so you can feel better and move on	Letting go of bad feelings towards someone who hurt you, so you can feel better and move on
Friend	A person you like, trust, and enjoy spending time with	A person you like, trust, and enjoy spending time with	A person you like, trust, and enjoy spending time with
Friendship	A relationship with someone who you enjoy spending time with and who cares about you	A relationship with someone who you enjoy spending time with and who cares about you	A relationship with someone who you enjoy spending time with and who cares about you
G			
Germs	Tiny living things that can make your body sick	Tiny living things that can make your body sick	Tiny organisms like bacteria and viruses that can cause illness
Goal	Something you want to get better at or learn to do	Something you want to do that guides your effort and actions	A clear aim or target that guides effort, focus, and actions toward achieving something meaningful

Term	PreK-2nd	3rd-6th	JH-HS
Goal Setter (In Focus Character Trait)	Someone who plans what they want to do and then does it	One who sets and accomplishes goals	One who sets and accomplishes goals
Golden Rule	Treat others the way you want to be treated	Treat others the way you want to be treated	Treat others the way you want to be treated
Grateful (In Focus Character Trait)	Feeling thankful for what you have and for what others do for you	Feeling thankful for good things in your life or for what others have done for you	Feeling thankful for good things in your life or for what others have done for you
Gratitude	Seeing and being thankful for the good things in your life	Noticing and appreciating the good things in your life	Noticing and appreciating the good things in your life
Grief	A very deep feeling of sadness, especially when you lose something or someone	A very deep feeling of sadness, especially when you lose something or someone	Great sorrow, sadness, or distress, especially over a loss
Grit	Having a strong mind that helps you keep trying, even when things get hard	Having a strong mind that helps you face challenges and decide to keep going, no matter what	Having a strong mind that helps you face challenges and deciding to keep going, no matter what
Growth Mindset (In Focus Character Trait)	A belief that you can grow and get better	A belief that you can grow and improve	A belief that you can grow and improve
Growth Mindset	The idea that we can get better at things by trying, learning, and not giving up	The belief that we can improve through effort, learning, and persistence	The belief that we can improve through effort, learning, and persistence
Grudge	N/A	Holding onto anger and not wanting to forgive someone for something they did	Holding onto anger and not wanting to forgive someone for something they did
Guilt	The feeling you get when you believe you did something wrong or hurt someone	The feeling you get when you believe you did something wrong or hurt someone	The feeling you get when you believe you did something wrong or hurt someone
H			
Habit	Something you do again and again without thinking	Something you do often that becomes an automatic routine	Something you do often that becomes an automatic routine

Term	PreK-2nd	3rd-6th	JH-HS
Happiness	Feeling good, safe, and calm inside	A positive feeling of joy, safety, and being content	A positive emotion of joy, safety, and being content
Happy (In Focus Character Trait)	A warm, good feeling inside	A feeling of warmth, comfort, safety, and joy	A feeling of warmth, comfort, safety, and joy
Harassment (Power of Words)	N/A	N/A	Repeated, unwanted behavior—such as words, actions, or gestures—that makes someone feel upset, scared, or uncomfortable
Healthy (Physical Well-Being Topics)	Feeling good, not sick, and having a body that works well	Feeling good, not sick, and having a body that works well	Being well and free from illness; having a body that works properly
Healthy (In Focus Character Trait)	Taking good care of your body	Learning about and taking care of your physical body	Learning about and taking care of your physical body
Heart Rate (Exercise)	N/A	The number of times your heart beats per minute (bpm)	The number of times your heart beats per minute (bpm)
Helpful (drug free)	When something keeps you healthy, happy, or safe	When something keeps you healthy, happy, or safe	N/A
Harmful (drug free)	When something hurts or causes damage	When something hurts or causes damage	N/A
Hierarchy	A way to put things in order	A system that ranks things in order of importance	A system that ranks things in order of importance
Honest or Honesty (In Focus Character Trait)	Telling the truth in what you say and do	Telling the truth with words and actions	Telling the truth with words and actions
Humble (In Focus Character Trait)	You know you cannot do everything by yourself and that it is okay to ask for help	You realize you cannot do everything on your own and know that we all need help	You realize you cannot do everything on your own and know that we all need help

Term	PreK-2nd	3rd-6th	JH-HS
Hydration	Getting enough water to keep your body healthy and working well	Getting enough water to keep your body healthy and working well	Getting enough water to keep your body healthy and working well
Hygiene	Keeping your body clean and healthy	The practice of keeping your body clean and healthy	The practice of keeping your body clean to maintain health and prevent illness
I			
Impulsive	Acting fast without thinking about what will happen next	Acting quickly based on feelings or urges without thinking about what will happen next	Acting quickly based on feelings or urges without thinking about what will happen next
Innovative	Taking an idea and turning it into a new solution, product, or better way of doing something	Taking an idea and turning it into a new solution, product, or better way of doing something	Taking an idea and turning it into a new solution, product, or better way of doing something
Integrity	Doing the right thing even when no one is watching	Doing the right thing even when no one is watching	Doing the right thing even when no one is watching
Internal Motivation	N/A	Wanting to do something because it matters to you and you enjoy it	Wanting to do something because it matters to you and you enjoy it
Interests	N/A	Things that you love to talk about, learn about, or practice	Things that you love to talk about, learn about, or practice
J			
K			
Kind (In Focus Character Trait) or Kindness	Doing and saying nice things, being a good friend	Doing and saying nice things, being a good friend	Doing and saying nice things, being a good friend
L			
Laddar of Relationships (by Evan C Coates, DBH, LCSW)	N/A	An idea that groups relationships by how well we know someone	A concept that categorizes relationships based on our level of familiarity

Term	PreK-2nd	3rd-6th	JH-HS
Leader	Someone who helps others do their best and reach their goals		
Leadership	Using words and actions to help others do their best and reach a goal	Using words and actions to help others do their best and reach a goal	The ability to influence and guide others to be their best and reach a shared goal using words and actions
Letter of Recommendation	N/A	A formal letter praising your strengths, character, and abilities	A formal endorsement of someone's strengths, skills, and character
Lifelong Learning	Always learning new things, no matter how old you are	Continuing to be curious and learn new things throughout your whole life	Continuing to be curious and learn new things throughout your whole life
Listen	Using your ears to hear and understand what someone is saying	Paying close attention to what someone is saying to understand their message	Paying close attention to what someone is saying to understand their message
Loves Learning (In Focus Character Trait)	Likes to learn more about new things	Mindset that is curious, asks questions, and loves to learn about new things	Mindset that is curious, asks questions, and loves to learn about new things
M			
Macronutrient	N/A	N/A	A nutrient your body needs in large amounts for energy, growth, and overall health
Manners	The polite rules that guide how we speak, act, and treat others	The polite rules and etiquette we follow—the socially acceptable ways of speaking, behaving, and treating others	The polite rules and etiquette we follow—the socially acceptable ways of speaking, behaving, and treating others
Maslow's Hierarchy	A big idea by Abraham Maslow that says we need to have some things first before we can do our best	A theory create by Abraham Maslow that shares how an individual's needs must be met in a certain order before that person can perform to their full potential	A theory create by Abraham Maslow that shares how an individual's needs must be met in a certain order before that person can perform to their full potential
Medicine	A substance that helps your body get better when you are sick or hurt	A substance that helps your body heal when you are sick or hurt	A substance that helps your body heal when you are sick or injured
Memories	Thoughts or pictures in our mind that help us remember things that happened in the past	N/A	N/A

Term	PreK-2nd	3rd-6th	JH-HS
Mental Health	Healthy thinking that helps you handle stress, learn new things, and get along with others	Healthy thinking that helps you handle stress, use your abilities, learn, work, and help others	Healthy thinking that helps you handle stress, use your abilities, learn, work, and help others
Mental Well-Being	How our brain thinks, learns, and understands	How our brain thinks, learns, and understands	Mental well-being refers to our brains' thinking, processing, and learning systems
Microaggression	Hurtful comments about who someone is	Comments or actions that may seem harmless but can still hurt, especially when tied to someone's identity—like their race, culture, gender, or appearanceSentence Below: Even if not meant to be hurtful, microaggressions can make people feel left out or judged.	Comments or actions that may seem harmless but can still hurt, especially when tied to someone's identity—like their race, culture, gender, or appearanceSentence Below: Even if not meant to be hurtful, microaggressions can make people feel left out or judged.
Micronutrient	N/A	N/A	A nutrient your body needs in small amounts to stay healthy
Mindfulness	Noticing the feelings and thoughts you are having right now so you can be calm	Calmly focusing on the present moment and accepting your feelings, thoughts, and how your body feels	Focusing on the present moment and calmly noticing your thoughts, feelings, and how your body feels, without judging them
Mission Statement	N/A	N/A	A brief summary that explains what a group or person aims to achieve
Moderation	N/A	Doing or use something in a balanced way—not too much and not too little	Doing or consuming something in a balanced way—not too much and not too little
Motivation	Why someone does something	The reason for acting a certain way	The reason for acting a certain way
N			
Need	Things we must have to survive and become our best selves	Things we must have to survive and become our best selves	Things we must have to survive and become our best selves
Neuroplasticity	N/A	Your brain's ability to grow and change when you learn	Your brain's ability to grow and change when you learn

Term	PreK-2nd	3rd-6th	JH-HS
Nicotine	N/A	A highly addictive chemical found in tobacco and vaping products that affects the brain and can quickly lead to dependence	A highly addictive chemical found in tobacco and vaping products that affects the brain and can quickly lead to dependence
Nicotine Pouch	N/A	A small pouch placed in the mouth that delivers nicotine without chewing or spitting	A small pouch placed in the mouth that delivers nicotine without chewing or spitting
Nonverbal Communication	Showing how you feel with your face and body	Using body language and facial expressions to send a message	Using body language and facial expressions to send a message
Norms	N/A	N/A	The shared rules or expectations for how people should act in a group
Nutrient	The important things in food that our bodies need to grow, stay healthy, and have energy	The important things in food that our bodies need to grow, stay healthy, and have energy	A substance in food that helps the body grow, stay healthy, and have energy
Nutrition	Getting the food your body needs to grow strong and stay healthy	Getting the food your body needs to grow strong and stay healthy	The science of how food affects the body and helps it grow, stay healthy, and work properly
Nutrition Facts Label	A chart on food packaging that shows what nutrients are in the food	A chart on food packaging that shows what nutrients are in the food and how much of each nutrient you get when you eat it	A chart on food packaging that shows what nutrients are in the food and how much of each nutrient you get when you eat it
Nutritious	Foods that give our bodies the important things they need to grow, stay healthy, and have energy	Foods that give our bodies the important things they need to grow, stay healthy, and have energy	Foods that give our bodies the important things they need to grow, stay healthy, and have energy
O			
Online	Using any device that is connected to the internet	Using any device that is connected to the internet	N/A
Opinion	What someone thinks, feels, or believes, and it can be different for each person	What someone thinks, feels, or believes; it cannot be proven true and can be different for each person	What someone thinks, feels, or believes; it cannot be proven true and can be different for each person
Organize	To put things in order so they are easy to find and use	To put things, ideas, or plans in order so they are easy to use and understand	To arrange things, plans, or ideas in a clear system so they work together and are easy to use or understand

Term	PreK-2nd	3rd-6th	JH-HS
P			
Passive Listening	N/A	When someone hears words but does not focus or try to understand them	When someone hears words but does not focus or try to understand them
Peer Pressure	When kids your age try to change how you think, feel, or act	When people your age try to influence what you think, feel, or do	When people your age try to influence what you think, feel, or do
Perfect	Something that is the best it can be with nothing wrong at all	Something that is as good as it can possibly be, with no mistakes, flaws, or problems	Something that is as good as it can possibly be, with no mistakes, flaws, or problems
Perfectionism	When you feel like you have to be perfect and worry about making mistakes	When you feel like you have to be perfect and worry about making mistakes	When someone feels constant pressure to be flawless, sets unrealistically high expectations for themselves, and often worries about making mistakes
Perseverance	Not giving up, even when something is hard or takes a long time	Not giving up, even when something is hard or takes a long time	Not giving up, even when something is hard or takes a long time
Perseverant (In Focus Character Trait)	Keeps trying, even when things get hard	Keeps trying, even when things get hard	Keeps trying, even when things get hard
Personal Space	The space around your body that belongs to you	The space around your body that belongs to you	The space around your body that belongs to you
Personality	The special way someone thinks, feels, and acts	The special way someone thinks, feels, and acts	Unique patterns of thoughts, feelings, and behaviors
Perspective	The way someone sees or thinks about something	The unique way someone sees or thinks about something	The unique way someone sees or thinks about something
Physical Safety	Feeling safe and knowing your body will not get hurt or be in danger	Knowing that your basic needs are being met and that you are not in physical harm or danger	Knowing that your basic needs are being met and that you are not in physical harm or danger
Physical Well-Being	Keeping our bodies healthy and strong	Keeping our bodies healthy and strong	Keeping our bodies healthy and strong
Pills (drugs)	N/A	Medicine that comes in the form of small tablets or capsules	Medicine that comes in the form of small tablets or capsules
Platinum Rule	Treat others how they want to be treated	Treat others how they want to be treated	Treat others how they want to be treated

Term	PreK-2nd	3rd-6th	JH-HS
Polite	Being nice, using good manners, and thinking about how others feel	Being kind and respectful, using good manners, and thinking about other people's feelings in what you say and do	Being kind and respectful, using good manners, and thinking about other people's feelings in what you say and do
Power of Yet	You might not be able to do something yet, but with practice and time, you can get better	You might not be able to do something yet, but with practice and time, you can get better	You might not be able to do something yet, but with practice and time, you can get better
Preamble	N/A	An introduction explaining the purpose of a document or law	An introduction explaining the purpose of a document or law
Prepare (Test Prep)	To get ready for something	To practice and get ready so you feel confident showing what you know	N/A
Proactive	Acting early to stop a problem before it begins	Taking action early to prevent a problem instead of waiting for it to happen	Taking action early to prevent a problem instead of waiting for it to happen
Procedures	The step-by-step ways we do things in our classroom to help it run smoothly	The step-by-step ways we do things in our classroom to help it run smoothly	The step-by-step ways we do things in our classroom to help it run smoothly
Processed Food	N/A	N/A	Food changed from its natural state so it tastes different or lasts longer
Problem Solver (In Focus Character Trait)	Shares ideas, makes plans, and finds new ways to solve problems	Plans, communicates, and comes up with new ideas and solutions	Plans, communicates, and comes up with new ideas and solutions
Psychological Safety (Emotional Safety)	Feeling safe to talk, ask questions, try new things, or be yourself	Feeling safe to talk, ask questions, or be yourself without being scared that someone will make fun of you or leave you out	Feeling emotionally safe to speak, ask questions, or be yourself without fear of being judged or excluded
Q			
R			
Reactive	Waiting until something happens, then acting quickly without thinking first	Responding to things after they happen instead of planning ahead, often acting quickly without stopping to think first	Responding to things after they happen instead of planning ahead, often acting quickly without stopping to think first
Reciprocation	N/A	The healthy give-and-take in a friendship, where both people support each other, compromise, and contribute to the relationship	The healthy give-and-take in a friendship, where both people support each other, compromise, and contribute to the relationship

Term	PreK-2nd	3rd-6th	JH-HS
Regulate (emotions)	Deal with your feelings in a calm and healthy way	To handle or control your emotions in a healthy way	To handle or control your emotions in a healthy way
Regulation (emotions)	Noticing your feelings and learning to stay calm and safe	Noticing your feelings and finding ways to stay calm and in control	Noticing your feelings and finding ways to stay calm and in control
Reinforcement	What happens after a choice that makes you more likely to do it again or not	What happens after a choice that makes you more likely to do it again or not	What happens after a choice that makes you more likely to do it again or not
Reliable	Someone or something you can count on	Someone or something you can count on to do what they are supposed to—or what they have promised	Someone or something you can count on to do what they are supposed to—or what they have promised
Resentment	N/A	Feeling upset or treated unfairly for a long time. It can grow from many things, not just one event.	Feeling upset or treated unfairly for a long time. It can grow from many things, not just one event.
Resilience	Being able to get up and try again when something hard happens	The ability to recover quickly, or bounce back, from difficulty	The ability to recover quickly, or bounce back, from difficulty
Resolution	A way to fix a problem or solve a disagreement	A way to fix a problem or solve a disagreement	A way to solve a disagreement or problem by talking and working together
Respect	Treating ourselves and others with kindness, fairness, and care	The practice of treating ourselves and others with kindness, fairness, and understanding	The practice of treating ourselves and others with kindness, fairness, and understanding
Respectful (In Focus Character Trait)	Treats others with kindness, celebrates how we are the same and different	Treats others with kindness, celebrates how we are the same and different	Treats others with kindness, celebrates how we are the same and different
Responsible (In Focus Character Trait)	Doing what you say you will do	Doing what you say you will do and what you need to do	Doing what you say you will do, being dependable and prepared
Restorative Practices	Ways to fix problems, repair relationships, and make things right after someone has been hurt	Actions that help fix problems, repair relationships, and make things right after a conflict or when someone has been hurt	Actions that help fix problems, repair relationships, and make things right after a conflict or when someone has been hurt
Routines	Something we do the same way every day	Something we do the same way every day that helps our classroom run smoothly	Something we do the same way every day that helps our classroom run smoothly

Term	PreK-2nd	3rd-6th	JH-HS
Rules	Directions on how you should and should not act in a place	Directions on how you should and should not act in a certain place	A clear expectation or guideline about how you should behave in a certain place or situation
S			
Safe	Being protected from harm, danger or injury	Being protected from harm, danger or injury	Being protected from harm, danger or injury
Safety (Maslow's)	Follow rules, keep our body safe, and feel safe to be ourselves	Follow rules, physical safety, and feeling safe to share ideas and be ourselves	Follow rules, physical safety, and feeling safe to share ideas and be ourselves
Screen Time	The amount of time spent looking at any electronic screen---like a TV, tablet, computer, or phone	The amount of time spent looking at any electronic screen---like a TV, tablet, computer, or phone	The amount of time spent looking at any electronic screen---like a TV, tablet, computer, or phone
Self-Awareness	Knowing what makes you special —your strengths, weaknesses, likes, and dislikes	Self-awareness is understanding your strengths, weaknesses, likes, dislikes, and everything that makes you unique	Self-awareness is understanding your strengths, weaknesses, likes, dislikes, and everything that makes you unique
Self-Care	Taking time to care for yourself	Taking time to do things that help you feel healthy, happy, and calm	Taking time to do things that help you feel healthy, happy, and calm
Self-Compassion	N/A	Showing kindness and understanding towards yourself, especially during struggles	Showing kindness and understanding towards yourself, especially during struggles
Self-Confidence	Believing in yourself and knowing you can do something	Believing in yourself and your ability to do something	Believing in yourself and your ability to do something
Self Control (In Focus Character Trait)	Staying calm so you can make good choices, even when it is hard	Manages thoughts, emotions, words, and actions	Manages thoughts, emotions, words, and actions
Self-Efficacy	Believing you can do a task or reach a goal because you know how to do it	Believing you can complete a specific task, because you have the skills and strategies to do it	Believing you can successfully complete a specific task or reach a learning goal because you have the skills and strategies needed to do it
Self-Esteem	Feeling good about who you are and believing you are valuable	Feeling good about who you are and believing you have worth	Feeling good about who you are and believing you have worth
Self-Image	What you think about yourself and how you feel about who you are	What you think about yourself and how you feel about who you are	What you think about yourself and how you feel about who you are

Term	PreK-2nd	3rd-6th	JH-HS
Self-Management	Controlling your feelings, thoughts, and choices, even when things are hard	Controlling your feelings, thoughts, and choices, even when things are hard	Controlling your feelings, thoughts, and choices, even when things are hard
Safety Plan (Suicide Prevention)	N/A	A list of steps to help someone stay safe when they feel upset or emotionally unsafe	A list of steps to help someone stay safe when they feel upset or emotionally unsafe
Same	Similar or identical	N/A	N/A
Self-Monitoring			Paying attention to your own behavior, thoughts, or progress and making changes when needed
Shame	A hurtful feeling when you think something is wrong with you or others will not like you	A painful feeling where you believe something is wrong with who you are or think others will not accept you	A painful feeling where you see yourself as deeply flawed, unworthy, or unacceptable to others
Shelter	A safe place that protects you from bad weather or danger	A safe place that protects you from bad weather or danger	N/A
Sleep Hygiene	Healthy habits to help you sleep better	Healthy habits to help you sleep better	Healthy habits and routines that help you get good quality sleep
Slur	N/A	An insult that focuses on something about someone, like their skin color, religion, or where they are from	An insult that focuses on something about someone, like their skin color, religion, or where they are from
Social Well-Being	Being friends with others and feeling like you belong	Feeling connected, included, and having positive relationships with others	Feeling connected, included, and having positive relationships with others
Speak	Using words to tell people what you think or feel	N/A	N/A
Stand Up (Bullying Lesson)	To speak up or help stop unkind behavior	To speak up or help stop unkind behavior	To speak up or help stop unkind behavior
Strength Training	Exercise that makes your muscles strong and helps you balance	Exercise that builds muscle and improves balance and coordination	Exercise that builds muscle and improves balance and coordination
Strength	Something you are good at and makes you special	Something you are good at that makes you unique	Something you are good at that makes you unique
Stress	What you feel when something is hard or makes you worried, nervous, or upset	What you feel when something is hard or makes you worried, nervous, or upset	What you feel when something is hard or makes you worried, nervous, or upset

Term	PreK-2nd	3rd-6th	JH-HS
Suicide Ideation	N/A	Having thoughts about not wanting to be alive. If someone feels this way, it is very important they talk to an adult who can help	Having thoughts about not wanting to be alive. If someone feels this way, it is very important they talk to an adult who can help
Survive	To give your body what it needs to stay safe and alive	N/A	N/A
Sympathy	Feeling sorry for someone, but not really feeling what they feel	Feeling sorry for someone, but not really feeling what they feel	Feeling sorry for someone, but not really feeling what they feel
T			
Tantrum	A sudden, intense outburst caused by big, uncontrolled emotions	A sudden, intense outburst caused by big, uncontrolled emotions	A sudden, intense outburst caused by big, uncontrolled emotions
Tardy	Arriving late to school, an appointment, or an event	Arriving late to school, an appointment, or an event	Arriving late to school, an appointment, or an event
Target Heart Rate	N/A	N/A	The best heart rate range during exercise to safely and effectively improve fitness
Teamwork	Working together and helping each other to reach the same goal	Collaborating and sharing responsibilities to reach a common goal through communication and cooperation	Collaborating and sharing responsibilities to reach a common goal through communication and cooperation
Test Anxiety	N/A	N/A	Feeling nervous, worried, or stressed before or during a test, which can make it harder to do your best
Tests	Something that checks what you know or can do	A way to measure what someone knows, understands, or can do	A way to measure what someone knows, understands, or can do
Time Management	Using your time wisely to get things done, stay organized, and reach your goals	Using your time wisely to get things done, stay organized, and reach your goals	Using your time wisely by planning, prioritizing, and balancing responsibilities with fun so you can get things done without feeling overwhelmed
Thankful	Feeling happy and glad for the things you have or good things that happen	N/A	N/A
Thrive	Feeling good and doing well because you are healthy and learning	Experiencing well-being through healthy habits and personal growth	Experiencing well-being through healthy habits and personal growth
Tobacco	N/A	A plant used to make cigarettes and other drug products	A plant used to make cigarettes and other drug products

Term	PreK-2nd	3rd-6th	JH-HS
Toxic	Something that can hurt your body if you eat or breathe in	Something that is harmful or damaging to the body, especially if it is swallowed, inhaled, or absorbed	Something that is harmful or damaging to the body, especially if it is swallowed, inhaled, or absorbed
Tradition (Self Awareness)	Something special that people do again and again, like a family or holiday activity. It is often shared from parents or grandparents.	Something special that a family, group, or culture does repeatedly, often passed down from older generations	Something special that a family, group, or culture does repeatedly, often passed down from older generations
Trait	A special part of a person or a thing that makes them who they are	A special part of a person or a thing that makes them who they are	A special part of a person or a thing that makes them who they are
Transfer	N/A	Taking what you learn in one place and using it in another place in real life	Taking what you learn in one place and using it in another place in real life
Transition	when we move from 1 activity to another		
Trigger	Something that makes your emotions feel big very quickly	Something that happens—like a situation, memory, thought, or something you see or hear—that quickly makes you feel a strong emotion	Something that happens—like a situation, memory, thought, or something you see or hear—that quickly makes you feel a strong emotion
Trustworthy	Someone you can trust to tell the truth and keep their promises	Someone you can trust to tell the truth and keep their promises	Someone you can trust to tell the truth and keep their promises
U			
Unity	N/A	Being together or in agreement; a state of togetherness	Being together or in agreement; a state of togetherness
Unique	One of a kind; Not the same as anything else	One of a kind; Not the same as anything else	One of a kind; Not the same as anything else
Unknown	Things that happen later that we do not expect and have to figure out	Unpredictable future events that require us to adapt, learn, and manage uncertainty	Unpredictable future events that require us to adapt, learn, and manage uncertainty
Upstander	A person who sees bullying and decides to help	A person who steps in and helps someone being bullied	A person who steps in and helps someone being bullied
V			
Validate	N/A	to recognize and accept someone's feelings or experiences as real	to recognize and accept someone's feelings or experiences as real

Term	PreK-2nd	3rd-6th	JH-HS
Values	The beliefs and ideas that matter most to you	The beliefs and ideas that matter most to you	The beliefs and ideas that matter most to you
Vape	An electronic cigarette used to inhale harmful vapor	An electronic cigarette used to inhale harmful vapor	An electronic cigarette used to inhale harmful vapor
Vaping	Using an electronic cigarette to inhale harmful vapor	Using an electronic cigarette to inhale harmful vapor	Using an electronic cigarette to inhale harmful vapor
Verbal Communication	Talking to share your ideas or information with someone	Using one's voice to share ideas or information with someone else	Using one's voice to share ideas or information with someone else
W			
Want	Something you would like to have but do not need	Something you would like to have but do not need	Something you would like to have but do not need
Weakness	Something that is hard for you or you are not good at YET	Something that is hard for you or you are not good at YET	Something that is hard for you or you are not good at YET
Well-Being	Feeling healthy and happy in all areas of our lives	Feeling healthy and happy in all areas of our lives	Feeling good and functioning well in every area of our lives
Wise (In Focus Character Trait)	Thinks before acting and makes good choices	Thinks before acting and makes good choices	Thinks before acting and makes good choices
Words	Things we say or write to share our thoughts, feelings, or ideas with others	Things we say or write to share our thoughts, feelings, or ideas with others	Things we say or write to share our thoughts, feelings, or ideas with others
Worried	Feeling uneasy or nervous about something that might happen or a problem you have	Feeling uneasy, nervous, or troubled about something that might happen or a problem you are facing	Feeling uneasy, nervous, or troubled about something that might happen or a problem you are facing
Written Communication	Messages made with letters, words, or signs, like in a letter or note	Messages recorded with symbols, letters, or words like those found in a letter, email, text, billboard, or contract	Messages recorded with symbols, letters, or words like those found in a letter, email, text, billboard, or contract
X			
Y			
Z			