

# CONSIDERATION

(noun)

Thoughtfulness and sensitivity toward others.

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



# ENJOYMENT

(noun)

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

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



# OPTIMISM

(noun)

Hopeful confidence about the future.

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



# PERSONAL BEHAVIOR

(noun)

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

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



# REGULATE

(verb)

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

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



# SAFETY

(noun)

The state of being protected from physical or emotional danger.

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



# SELF-CONTROL

(noun)

The ability to regulate personal behavior and emotional expression.

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



# SELF-EXPRESSION

(noun)

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

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





# TEAMWORK

(noun)

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

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

