

VOCABULARY SELF-AWARENESS

Directions: Consider the terms below.

- If it is new to you, write the date in the Level 1 column.
- If you have heard the word before but are not sure that you can use it in a sentence or define it, write the date in the Level 2 column.
- If this word is very familiar to you and you can define it and use it in a sentence, write the date in the Level 3 column.

Update your understanding of the terms as you engage in this module and in your work. Note that there are spaces for you to add terms that are new to you.

WORD	LEVEL 1	LEVEL 2	LEVEL 3	SENTENCE	DEFINITION
Physical activity					
Emotional well-being					
Meta-analysis					
Mindfulness					
School climate					

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WORD	LEVEL 1	LEVEL 2	LEVEL 3	SENTENCE	DEFINITION
Communication competency					
Collective responsibility					

Level 1 = This word is new to me.

Level 2 = I have heard this word before.

Level 3 = I know the definition and I can use it in a sentence!

CASEL Connections for educators, students, and schools in this module:

SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
Mindfulness	Physical wellness Emotional well-being	Reaching out to others experiencing difficulty Trauma-sensitive design	School climate Communication competency	Collective responsibility

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