

G21 Early Elementary (4K -2^{nd}) Dispositions and Skills

G21 Impact		Performance Area	l Can:
	Collaboration Working with another or a group in order to achieve a common goal.	Productive Group Interactions – works productively in small groups to complete tasks Effective Communication – understands the importance of individual in group discussion	 Understand different roles in groups Perform tasks related to role Demonstrate kindness to group members Explore and experiment with different ways of communicating Use creativity to communicate Communicate to an audience beyond self, using stories
	Communication The imparting or exchange of information, ideas and/or emotions in a variety of situations and for multiple purposes, audiences and across multiple media.	Expressive Communication – articulates thoughts and ideas using different kinds of communication Interpretive Communication – interprets visuals used to communicate stories or information	 Explore and experiment with different ways of communicating Use creativity to communicate Communicate to an audience beyond self, using stories Listen to gain information, asking clarifying questions when needed Build on what others say about a communication to inform understanding Observe and make sense of multiple modes of information Identify positive aesthetic impact



G21 Early Elementary (4K – 2nd) Dispositions and Skills

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G21 Impact	Creativity The ability to see things in new ways or produce something new, whether tangible or intangible.	Curiosity and Imagination – views or creates things in new ways and connects them to thinking that is different Developing and Exploring Ideas – identifies problems and generates possible solutions Innovation – engages in discovery, exploration and experimentation to reach results	Accept challenges and ideas that may be counter to my thinking Navigate multiple situations in the classroom Listen to the ideas of others Generate many ideas in response to a question Demonstrate openness and originality in creating new things Elaborate within given structures Seek others to help resolve ambiguity Explore the perspectives of others Design and create
Vector/Stock [®] Vector/Stock.com/19564117		Initiative – identifies ability to create positive change	 Explore issues within various communities Engage with others around a common issues Reflect on the experience
	Identifying patterns/relationships, make generalizations; identify exceptions and evaluate claims; arrive at opinions, conclusions and/or take action.	Inquiry – generates ideas for inquiry Analysis and Interpretation – connects ideas to observations and experiences Decision Making / Conclusions – draws conclusions based on investigation	 Ask questions about their world and role in it Use questions to further explore an area of interest Organize information Activate prior knowledge in new setting Consolidate meaning from sources of evidence Narrow questions, problems or issues Connect understanding in the world Use data to construct an explanation to an inquiry Apply understandings developed to my world Communicate solutions / conclusions.



G21 Early Elementary $(4K - 2^{nd})$ Dispositions and Skills

G21 Impact		Performance Area	I Can:
as it related to the rest of the world within economic, social, cultur	Considering a situation as it related to the rest	Global Awareness – takes action on a local issue that matters to them in order to make a positive change	 Investigate roles, responsibilities and issues in my world Recognize that I can contribute to my family and community Explore local and world cultures
	economic, social, cultural and/or political contexts.	Citizenship – understands beliefs and how actions connect to beliefs	 Understand that different people have different traditions Share the role of culture in everyday life by describing my own cultural traditions Demonstrate understanding of citizenship in my own community
	<u> </u>	Adaptability – navigates multiple situations in the classroom	 Listen to others' ideas when working in a group Use imagination to view or create thing in new ways and connect two things that seem different Consider the perspective of others Accept challenges and ideas that may be different from my current thinking
		Systems Thinking – describes change at an event level	 Identify basic systems within the world Identify components of systems Explain how actions can create consequences, both wanted and unwanted



G21 Early Elementary (4K - 2^{nd}) Dispositions and Skills

G21 Impact		Performance Area	I Can:
123 (S)	Self-Directed Learning Use of independent initiative, responsibility and feedback to guide learning and growth.	Goal Setting – reflects on completion of a powerful learning goal Self-Advocacy – shares interests and needs Resilience – frequently persists through challenges Metacognition – begins to learn about themselves as learners Growth Mindset – believes in ability to accomplish a task	 Make choices for learning goals based on teacher-supplied strategies and tools Identify strengths and areas to work on Talk with others about likes and dislikes Identify feelings Identify needs Demonstrate interest in new learning experiences Seek assistance from others Understand that reflection is part of the learning process Reflect on a learning experience Identify evidence of progress toward meeting a goal Ask questions to learn more Understand that hard can bring positive results
		Use of Feedback – reflects on a learning process or task	 Make choices for next steps in learning based on feedback Identify strengths and areas to work on
health, happin prosperity botl	A balanced sense of health, happiness and	Social Interaction – forms and maintains positive relationships	 Understand people have different feelings Accept apologies and apologize when wrong Express opinions Listen to others
	prosperity both within self and with others.	Physical Nutrition and Sleep – understands elements of health	 Understand play is part of being healthy Understand food and drink impact health Understand that sleep is necessary for overall health, fitness and mental well-being
		Financial – understands things have value Emotional – recognizes that emotions exist	 Understand that money has a value in society Understand the concept of the exchange of goods Identify my own emotions Recognize others have emotions



G21 Elementary (3rd – 5th) Dispositions and Skills

G21 Impact		Performance Area	l Can:
	Collaboration Working with another or a group in order to achieve a common goal.	Productive Group Interactions – works productively in groups Effective Communication – engages in back and forth dialogue and respects ideas of others	 Use resources to complete tasks Break larger tasks into smaller tasks Contribute to group plans Act as a team player Explain my own thinking clearly Seek ideas and thoughts from all team members Seek to understand by asking questions Give and seek feedback about task
Hill YEARI Platfor	Communication The imparting or exchange of information, ideas and/or emotions in a variety of situations and for multiple purposes, audiences and across multiple media.	Expressive Communication – considers goals when choosing to use specific ways of communicating Interpretive Communication – interprets literary and informative modes; understands how these build understanding	 Consider the audience and method when communicating Seek to use creativity to support communication Use background knowledge to enhance and share new learnings Listen for understanding Seek to understand complex messages Make meaning by exploring multiple forms of communication Recognize elements of communication



G21 Elementary ($3^{rd} - 5^{th}$) Dispositions and Skills

G21 Impact	G21 Impact		l Can:
	Creativity The ability to see things in new ways or produce something	Curiosity and Imagination – predicts possible outcomes when putting ideas into actions	 Use tools and strategies to explore different perspectives or approaches to a challenge, issue or dilemma Shift strategies or ways of thinking as the situation warrants (flexibility) Integrate the perspectives of others into proposed solutions
new, whether tangible or intangible.	Developing and Exploring Ideas – generates multiple possibilities as a result of analyzing facts and patterns	 Create models that provide rationale for the idea within realworld constraints Use materials and techniques in non-traditional ways in order to further understand problems Expand on known ideas to create new and imaginative combinations 	
		Innovation – discusses and revises ideas through trial and error; makes reasoned and supported guesses	 Use multiple sources to help resolve ambiguity Ask questions in order to create unusual, unique or clever products Design and create varied solutions
		Initiate – acts in positive ways to contribute to improvement of issues in need of change	 Explore issues and propose solutions based on knowledge Work to shift myself and others from problem identifiers to problem solvers Self-assess actions
	Critical Thinking Identifying patterns/relationships,	Inquiry – poses problems and asks questions about how things work and why things happen	 Recognize patterns in the natural world and make observations Ask questions that lead to additional wonderings Locate and organize information from sources
Step 1. Identify the problem. Step 5. Evaluate the results. Solving Loop Step 2. Explore information and create information and create	make generalizations; identify exceptions and evaluate claims; arrive at opinions,	Analysis and Interpretation – identifies details and processes that represent patterns	 Make observations about patterns Distinguish fact from interpretation Use strategies to make sense of information (i.e. comparison, analysis, evaluation, explanation and reasoning)
Step 4. Do it. Build it. Test the idea. Step 3: Select the best idea.	conclusions and/or take action.	Decision Making / Conclusions – identifies and justifies the thinking behind choices made	 Conduct evaluations using criteria or tests; conclusions through prototypes Develop explanations or draw conclusions using evidence to support that explanation / conclusion



G21 Elementary (3rd – 5th) Dispositions and Skills

G21 Impact		Performance Area	l Can:
	Global Competence Considering a situation as it related to the rest of the	Global Awareness – takes action on issues that matter to them in order to make a positive change	 Demonstrate understating of roles, responsibilities and issues in the community and world Understand that issues impact me and others in my family and community Discover connections between and among cultures
	world within economic, social, cultural and/or political contexts.	Citizenship – understands individual and community beliefs and how values contribute to actions	 Understand that other people and communities may have traditions that differ from my own Explain the role of culture in everyday life by describing my own cultural traditions and comparing and contrasting with others Demonstrate understanding of citizenship across communities
		Adaptability – investigates options and predicts possible outcomes when putting ideas into action	 Use a variety of tools and strategies to recognize different perspectives or approaches to an issue Shifts strategies and ways of thinking as the situation calls for, accepting that there may be some uncertainty when working with dilemmas Work effectively in a variety of situations, communicating ideas and listening to different perspectives Take action after investigating options and possible outcomes
		Systems Thinking – understands cause and effect and the notion of change	 Investigate how various systems are connected Recognize how parts of a system come together to make a whole Explain the similarities and differences between systems



G21 Elementary (3rd – 5th) Dispositions and Skills

G21 Impact		Performance Area	l Can:	
	Use of independent initiative, responsibility and feedback to guide learning and growth.	Goal Setting – reflects on progress made toward an important learning goal	 Select from a range of strategies and tools Identify strengths and areas to improve 	
		Self-Advocacy – expresses specific interest and needs	 Identify tools to support needs Clearly convey thoughts and ideas related to areas of interest State learning preferences 	
	(O)	Resilience – skillfully perseveres throughout challenging experiences	 Venture outside of comfort zone in order to learn more Use tools and strategies to evaluate the task at hand in order to anticipate challenges 	
		Metacognition – explores ways in which s/he learns	 Engage in reflection as an important part of the learning process Consider my own learning needs Identify what went well during a learning tsk Communicate strengths and areas in need of improvement 	
		Growth Mindset – responds to difficult tasks with effort	Understand skills grow with effortAsk questions to learn more	
		Use of Feedback – reflects on progress during learning task	 Choose a learning path based on feedback from self, teachers and/or peers Select strategies and tools based on feedback 	
pody: be active	Well-Being A balanced sense of health, happiness and	Social Interaction – forms and maintains productive relationships	 Understand that emotions can impact relationships Communicate mistakes; apologize sincerely Recognize that different people have different opinions Listen to understand, rather than just reply 	
Place: Aske Locice of the Place: Aske Locice	prosperity both within self and with others.		Physical Nutrition and Sleep – understands connections between health and learning	 Understand play increases mental and physical health Understand the connection between and among food, drink and health Understand proper rest and relaxation are important to give the mind and body time to recuperate
		Financial – understands that there are different types of value	 Understand that value is a relative concept Distinguish needs and wants Recognize the connection between earning and spending Understand the value of saving over time 	
beople: connect		Emotional – recognizes that emotions exist and determine feelings	 Recognize and manage my emotions Know how to react to emotions to make good choices Understand connections between actions and feelings 	



G21 Impact		Performance Area Skill (S) or Disposition (D)	I Can:
TEAMWORK Shutterstock.com + 1442307026	Collaboration Working with another or a group in order to achieve a common goal.	Productive Group Interactions – shows collective interest as opposed to self-interest (D) Effective Communication – encourages and guides others to meet goal(s) (D)	 Remain engaged, open-minded, flexible, composed and focused Adjust plans as needed Co-construct and follows group norms Adapt to the changing needs of the group and individual role Share ideas and concerns Acknowledge multiple perspectives Seek varied approaches and solutions Use kind and appropriate language to guide group progress
Communication Share	Communication The imparting or exchange of information, ideas and/or emotions in a variety of situations and for multiple purposes, audiences and across multiple media.	Expressive Communication – uses different kinds of communication (S) Interpretive Communication – interprets emotional and visual elements (S)	 Develop methods to communicate to and to impact specific audiences Apply visuals to communicate messages Utilize techniques to achieve goals Understand complex ideas Understand the purpose and context of message Seek more than one point of view Apply understanding of visual and aesthetic technique



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G21 Impact		Performance Area	I Can:
To Do Innovation	Creativity The ability to see things in new ways or produce something new, whether tangible or intangible.	Skill (S) or Disposition (D) Curiosity and Imagination – seeks to understand various perspectives to inform approaches to a challenge, problem or dilemma (D) Developing and Exploring Ideas – adapts, improves, modifies and expands existing thoughts or ideas to create solutions (S) Innovation – looks and thinks from multiple perspectives as a pathway for developing solutions to a challenge or problem (S) Initiative – targets actions to have the maximum positive impact (D)	 Based on predictions, create multiple scenarios or solutions that illustrate ambiguities involved in a challenge, issue or dilemma Anticipate and visualize potential obstacles and generate a variety of possible solutions Adapt solutions to align to perspectives or needs of individuals Combine ideas in a variety of ways and from a range of sources to create new possibilities Explore idea generation strategies and techniques to build creative muscle Use inferences to generate ideas by using models, prototypes and simulations Embrace complexity and ambiguity; see these as manageable and exciting challenges Build purposefully on the ideas of others and see links between seemingly unrelated ideas Design and create options aligned to audience and purpose. Investigate issues and propose potential solutions Work to shift self and others from problem identifiers to problem solvers Self-asses actions
	Identifying patterns/relationships, make generalizations; identify exceptions and evaluate claims; arrive at opinions, conclusions and/or take action.	Inquiry – designs, conducts, monitors and evaluates investigations of a question or an idea (S) Analysis and Interpretation – classifies data, findings and opinions using a systematic approach (S) Decision Making / Conclusions – draws conclusions that reflect clear and logical links (S)	 Ask questions that promote and encourage further inquiry Locate information from diverse sources and points of view Analyze evidence Use models and visual representations to analyze data Understand that personal experience, belief and bias can influence interpretation Draw inferences characterized by data Interpret and evaluate significance of data, observation and information Determine which conclusions are most strongly supported by evidence Make predictions based on patterns Communicate, document and justify a position or conclusion



G21 Impact		Performance Area	l Can:
		Skill (S) or Disposition (D)	
	Global Competence Considering a situation as it related to the rest of the world within economic, social, cultural and/or political contexts.	Global Awareness – takes positive action for change on local and global issues while considering other perspectives (S) Citizenship – demonstrates how concepts such as cultural dimensions and ancestry impact values (D) Adaptability – investigates various perspectives to inform approaches to problems or dilemmas (S) Systems Thinking – considers challenges of parts within systems and takes action (S)	 Understand varied roles, responsibilities and issues in the community and world Demonstrate understanding of local and global issues and the impacts they have on people and environments Understand connections between local and global cultures Understand the impact of significant historical events or trends on the development of cultures Show respect for varied cultural identities Demonstrate understanding of complex aspects of citizenship Recognize own biases Communicate multiple scenarios or solutions that illustrate ambiguities involved in an issue or dilemma Anticipate obstacles and devise plans to surmount them Take action by applying different ways of thinking and strategies to approach complex situations or dilemmas Investigate how various systems influence other systems Recognize how changing a part of a system can impact the system Explain the relationships among systems



G21 Impact		Performance Area	I Can:
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	Self-Directed Learning Use of independent initiative, responsibility and feedback to guide learning and growth.	Goal Setting – uses self-reflection to select from a range of possible paths (S) Self-Advocacy – confidently communicates viewpoints and needs (D) Resilience – confidently models the belief that they can accomplish a task (D) Metacognition – understands variables of success (i.e.: relevance, context, process and learning style) (D) Growth Mindset – believes s/he can continuously learn and grow (D) Use of Feedback – plans, monitors and regulates learning (D)	 Use tools to plan and monitor learning goals Adapt approaches to a goal based on reflection and/or results Capitalize on strengths and work to enhance areas of need Explain decisions based on perspective Understand needs and make adjustments Actively welcome opportunities to engage in new learning outside of comfort zone Identify support needed to address challenges and seek the appropriate type of support Reflect to determine needs and design a path to success Provide evidence of growth toward goals Explain reasons for success Actively engage in learning in order to grow Work through obstacles or challenges as part of the learning process Self-reflect and determine what is needed to be successful Develop strategies and tools to be a successful learner based on actionable and specific feedback from others
	Well-Being A balanced sense of health, happiness and prosperity both within self and with others.	Social Interaction – forms and maintains relationships (S) Physical Nutrition and Sleep – applies understanding to habits of health (S) Financial – applies understanding that different people value different things (S) Emotional – understands that emotions could be temporary (surface); feelings are longer (deeper) (D)	 Demonstrate choices that display understanding of emotional impact on peers and others Display genuine change in behaviors based on apologies Accept others' opinions; know there is a time and place to defend beliefs Listen to others; think before responding Appreciate daily physical activities help exhibit engagement in learning Explain positive choices in food and drink to maintain or enhance a healthy diet Understand that adequate sleep influences health; sleep impacts concentration and the ability to fight infections Identify specific and realistic goals based on money Identify tactics used to make people want to make purchases Compare prices Keep financial information safe (does not share information) Possess the ability to regulate and control how I react to my emotions Communicate effectively in emotionally charged situations Understand and can explain stress, emotions and impulses



G21 Impact	Performance Area	Skill or Disposition	I Can:
Collaboration Definition: Working with another or a group in order to achieve a common goal	Productive Group Interactions Definition: Contribute to the effective functioning and positive well-being of a team	Disposition Connects own goals to the goals of others or of the group.	 Gather information from my peers to reach goal Monitor progress of group and make adjustments Apply collaborative tools, skills and strategies Reflect on interactive experiences in order to improve
	Effective Communication Definition: Use verbal and non-verbal approaches to develop and support a high-performance team	Disposition Connects group learning and ideas to create new understandings and/or approaches	 Empathize to understand different perspectives Engage in problem solving as a part of group processes Be responsive to changing needs of group Make suggestions for moving forward
Communication: Definition: The imparting, exchange and/or interpretation of information, ideas and/or emotions in a variety of situations and for multiple purposes and audiences and across multiple media formats	Expressive Communication Makes one's ideas, thoughts and emotions known to others through multiple modes	Cognitive Skill Applies aesthetic and technical standards to gauge quality of communication product	 Develop ideas from various sources Communicate through the most appropriate media Use sophisticated tools to communicate complex concepts
	Interpretive Communication Definition: Explore various forms of communication in order to make meaning, gain perspective and engage aesthetically	Cognitive Skill Interprets text through a critical and knowledgeable lens	 Synthesize content Demonstrate interest in others' ideas; probes to understand multiple perspectives Consider other perspectives Recognize the impact of visuals and digital media



G21 High School (9th - 12th) Dispositions and Skills

G21 Impact	Performance Area	Skill or Disposition	I Can:
Creativity: Definition: The ability to see things in new ways or produce something new, whether tangible or intangible	Curiosity and Imagination Definition: The desire to learn or know about things and to form mental images and concepts	Disposition Tackles problems that do not have obvious solutions, despite challenges	 Apply prior knowledge, improvise and visualize when the situation requires a new and novel solution Know when to "unlearn" past solutions as a way to flexibly address new challenges Assess risks, explain alternate ideas and look at the challenge from multiple perspectives
	Developing and Exploring Ideas Definition: Generate original ideas and explore existing ideas	Cognitive Skill Synthesizes divergent perspectives and ideas into original thought	 Apply prior knowledge to create and connect complex ideas Produce unique ideas with minimal structure Construct authentic and valuable ideas
	Innovation Definition: Conceive of, and develop original ideas of value and find new approaches to address needs	Cognitive Skill Visualizes connections between common and seemingly unrelated ideas	 Seek multiple perspectives and ideas Change focus and goals as the situation demands Produce solutions that are fresh, unique, original and well-developed for the setting
	Initiative Definition: The readiness and ability to design novel ideas and the mindset to take action	Disposition Self-identifies as an agent capable of making positive change	 Actively explore and propose solutions to issues in need of change Engage in individual and group actions to solve problems Reflect on impacts of taking action; use feedback to plan next steps
Critical Thinking: Definition: Identify patterns/relationships, make generalizations, identify expectations and evaluate claims; arrive at opinions, conclusions and/or take action	Inquiry Definition: Actively investigate information, perspectives and phenomenon with a desire to learn and gain understanding	Cognitive Skill Explores complex situations to uncover potential future problems	 Formulate thought-provoking questions Synthesize information from reliable sources Uncover patterns across findings
	Analysis and Interpretation Definition: Apply critical faculties and strategies to understand and assess ideas, proposals and information	Cognitive Skill Discovers relevant differences, similarities and patterns of finding	 Formulate categories or distinctions to understand patterns Extrapolate and generalize to describe notable patterns Use complex models, analogies and/or simulations to represent thinking Identify and account for personal bias within critical process
	Decision Making / Conclusions Definition: Apply critical faculties and strategies to make choices, propose solutions and make arguments	Assesses risks and explains contingencies, taking account a range of perspectives.	 Balance rational and irrational components of a complex or ambiguous problem to evaluate evidence Draw conclusions from analysis that is well-reasoned Communicate in ways aligned to context



G21 Impact	Performance Area	Skill or Disposition	I Can:
Global Competence: Definition: Considering a situation as it relates to the rest of the world within economic, social, cultural and/or political contexts	Global Awareness Definition: Demonstrate knowledge and understanding of perspectives and issues in an international context	Cognitive Skill Takes positive action for change on local and global issues while considering diverse perspectives	 Understand and act on the varied roles, responsibilities and issues in the community and world Demonstrate understanding of complex local and global issues and the impacts they have on people and environments Demonstrate understanding of unique and overlapping dimensions of cultures
	Citizenship Definition: Demonstrate positive behaviors and interactions in support of the well-being of one's various communities	Disposition Seeks understanding across multiple contexts to deepen complexity of beliefs	 Understand the potential and challenges of dimensions of culture in relation to intercultural communication Demonstrate understanding of connectivity and uniqueness among cultures Understand multiple perspectives and their role in citizenship
	Adaptability Definition: Adjust one's thinking, interactions and actions readily to suit a variety of contexts and conditions	Investigates risks, perspectives and solutions to tackle challenging problems that do not have obvious solutions	 Recognize my own biases and understand when I must "unlearn" past thinking in order to address new challenges Demonstrate effective communication when listening, speaking and writing with others Take action by effectively adapting to a variety of situations, individuals or groups Tackle challenging problems despite potential for failure
	Systems Thinking Definition: Act upon the understanding of the interdependent nature of systems, both natural and constructed	Cognitive Skill Considers challenges within and among systems and takes action	 Investigate patterns in systems and form generalizations Recognize the interaction of systems in relation to varied issues Explain the relationships and interactions of complex interdependent systems



G21 Impact	Performance Area	Skill or Disposition	I Can:
Self-Directed Learning: Definition: Use of	Goal Setting Definition: process to decide what one wants or needs to accomplish to grow, then devise and execute a plan to achieve the result	Cognitive Skill Regularly engages in self-reflection and goal setting	 Select and apply effective strategies and tools Plan, monitor, adjust and evaluate results
independent initiative, responsibility and feedback to guide learning and growth	Self-Advocacy Definition: Actively represents oneself and speaks for one's needs, view or interests	Disposition Effectively communicates in order to achieve desired results	 Demonstrate strategic use of strengths Size up situations in order to best align resources Select and utilize tools to support intended results
9 E	Resilience Definition: Demonstrate perseverance and character in the face of challenges and obstacles	Disposition Confidently respond to anticipated and unforeseen challenges	 Maintain composure Pose a range of possibilities to address demanding situations
	Metacognition Definition: Demonstrate awareness, understanding, analysis and control of one's learning and cognitive processes	Disposition Independently plans, selects, connects, monitors and reflects to support success and learning	 Use evidence to set challenging goals Evaluate changes in learning over times Engage in selecting, monitoring and evaluating strategies Adjust learning path based on reflection and progress towards goal
	Growth Mindset Definition: demonstrate positivity, ownership and control on one's learning success and growth	Disposition Demonstrates empowerment	 Seek opportunities to engage in new learning Act on what is learned from obstacles and/or challenges Demonstrate self-confidence when faced with new challenges
	Use of Feedback Definition: Give, take and apply evaluative information and reactions to observable actions or products for the purpose of growth and improvement	Disposition Adjusts learning path as needed based on ongoing reflection and feedback	 Actively seek and use actionable and specific feedback Apply strategies and tools to address areas of need as a learner



G21 Impact	Performance Area	Skill or Disposition	I Can:
Well Being: Definition: A balanced sense of health, happiness and prosperity; both within self and with others	Social Interaction Definition: Demonstrate a positive and healthy sense of self as well the ability to interact with others positively	Cognitive Skill Forms and maintains effective relationships	 Choose actions that are helpful to self and others Encourage diverse opinions and use them to deepen understanding Recognize the time and place to defend my beliefs while taking into account the beliefs of others Listen to and seeks the perspective of others
	Physical Nutrition and Sleep Definition: Practice positive habits in order to increase or maintain one's health and physical performance	Cognitive Skill Uses resources to inform and adjust habits of health	 Seek a variety of ways to practice regular activities in order to positively impact health Demonstrate healthy choices in foods and drinks Understand the brain performs subconsciously to take in thoughts and learning experiences, and that the pathways of memory are created during sleep
	Financial Definition: Demonstrate critical abilities and positive decision making in financial matters	Cognitive Skill Makes financial decisions based on informed stance	 Design budgets based on essential needs Monitor spending; explain the value of healthy financial decisions Understand investing Understand credit Understand and safeguard financial information
	Emotional Definition: Demonstrate the habits, traits and dispositions of mentally healthy people	Disposition Regulates and controls emotions	 Accepts happiness as relative Support others with understanding their emotions feelings Communicate positivity by pointing out what is going well, even in challenging situations Understand stress management techniques