DIGITAL CARDS
The **ESSENCE GLOSSARY** is a listing of 32 social-emotional attributes. These attributes are supportive of individual and interpersonal well-being across the lifespan.

Visit [b2kcoach.com](http://b2kcoach.com) to access other solutions for re-imagining and redefining early education.

Visit [sunnydaypublishing.com](http://sunnydaypublishing.com) for books that promote health from the inside-out.

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<table>
<thead>
<tr>
<th>Adaptability</th>
<th>Empathy</th>
<th>Love of Learning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy</td>
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<td>Patience</td>
</tr>
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<td>Persistence</td>
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<tr>
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<td>Forgiveness</td>
<td>Reliance</td>
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<tr>
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<td>Gratitude</td>
<td>Resilience</td>
</tr>
<tr>
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</tr>
<tr>
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</tr>
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<td>Humor</td>
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<td></td>
<td>Zest</td>
</tr>
</tbody>
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DIRECTIONS FOR USE:

If using from a digital device, simply **SWIPE** (scroll) cards one by one.

OR

**TAP** each word to jump to that card.

**TAP**

to return to the main screen.
ESSENCE GLOSSARY – MAIN SCREEN
(SWIPE screen (to scroll) or TAP each word)

Adaptability
Advocacy
Appreciation
Attention
Bravery
Charity
Civility
Compassion
Creativity
Curiosity
Discernment

Empathy
Engagement
Fairness
Forgiveness
Gratitude
Honesty
Hope
Humor
Kindness
Love

Love of Learning
Patience
Persistence
Reliance
Resilience
Responsibility
Self-Regulation
Teamwork
Tolerance
Trust
Zest
Adaptability
openness to changing conditions
Advocacy encourages multiple views by promoting: choice, expression of opinions, and equal rights.
Appreciation recognizes the inherent qualities within self, others, and everyday experiences.
Attention

purposefully and selectively directs the mind
Bravery

overcomes fear and uncertainty to take action
Charity shares one’s time, talents, and resources
Civility uses respectful words and actions towards others
Compassion recognizes human need and is motivated to address
Creativity constructs, connects, and adapts information in new ways
Curiosity
interested and willing to
explore and discover
Discernment considers relevant information to make sound decisions
Empathy
feels what others feel
Engagement
interacts with things and/or people across environments
Fairness ensures equality without discrimination
Forgiveness acknowledges wrongdoing without seeking revenge or punishment
Gratitude
expresses and shows thanks for things given or benefited from
Honesty acts and speaks from one’s truth and with integrity
Hope shows optimism despite human hardships.
Humor approaches life with playfulness and lightheartedness
Kindness
helpful, generous, and unconditional approach to self and others
Love

affection and devotion for self and all living things
Love of Learning
orientation and openness to new knowledge and new experiences
Patience remains steady and calm during personal discomfort.
Persistence continues or finishes what is started, despite difficulty, distractions, and challenges.
Reliance recognizes Interdependence with others and the environment
Resilience

capacity to recover from adversity
Responsibility accepts ownership of one’s actions
Self-Regulation shows discretion in one’s thoughts, emotions, and actions.
Teamwork works effectively with others to achieve mutual goals
Tolerance

fair and objective attitude toward differences in others
Trust

belief in and reliance on objects, self, and others
Zest
enthusiasm for life