

WORLD READY TRAITS & SKILLS

EUSD Health & Wellness Curriculum Unit #	Unit Title	Definition	Question of Inquiry
1	Altruism	The desire to help others with no expectation or reward	How do my actions affect myself and others?
2	Appreciation	A feeling of thanks or gratitude	How can I show value for myself and those around me?
3	Perseverance	Dedication to complete a task, even when you encounter obstacles.	How can I be strong, inside and out?
4	Optimism	A feeling or belief that good things will happen in the future.	How can I maintain a positive attitude?
5	Self-Regulation	The ability to stay calmly focused, alert, and in control of one's own behavior.	How am I aware of myself and the world around me?
6	Cooperation	Being able to work with others to complete a task or play a game.	How can I be successful when working with others?
7	Curiosity	A strong desire to know or learn something	How can I fuel my desire to learn?
8	Resourcefulness	The ability to find solutions to problems or deal with difficult situations.	How can I find the necessary tools to create solutions?
9	Collaboration	Working together with others to achieve a common goal.	How can we work together to be stronger?
<i>Integrated Throughout</i>	Responsibility	Being accountable, trustworthy, and doing the right thing.	How can I make good choices and follow through?
<i>Integrated Throughout</i>	Effort and Motivation	The act of completing assignments to the best of your abilities.	How can I ensure I am always giving my best effort?

 SKILLS

 TRAITS