

# WORLD READY TRAITS & SKILLS

Aligned with EUSD Health & Wellness Curriculum

## ALTRUISM



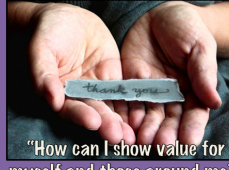
**ALTRUISM**

"How do my actions affect myself and others?"

The desire to help others with no expectation or reward.

I take the time to consider how I can help others.

## APPRECIATION




**APPRECIATION**

"How can I show value for myself and those around me?"

A feeling of thanks or gratitude.

I am grateful for a happy and healthy life.

## PERSEVERANCE




**PERSEVERANCE**

"How can I be strong inside and out?"

Dedication to complete a task even when you encounter obstacles.

I will persist until I succeed.

## OPTIMISM



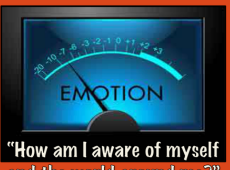
**OPTIMISM**

"How can I maintain a positive attitude?"

A feeling or belief that good things will happen in the future.

I always try to see something good in every situation.

## SELF-REGULATION




**SELF-REGULATION**

"How am I aware of myself and the world around me?"

The ability to stay calmly focused, alert, and in control of one's own behavior

I am fully in control of all that I do.

## COOPERATION



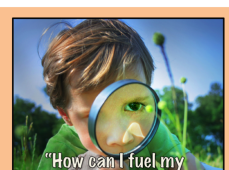
**COOPERATION**

"How can I be successful when working with others?"

Being able to work with others to complete a task or play a game.

I do everything I can to get along with others.

## CURIOSITY



**CURIOSITY**

"How can I fuel my desire to learn?"

A strong desire to know or learn something.

I feed my mind with new ideas and understanding.

## RESOURCEFULNESS



**RESOURCEFULNESS**

"How can I find the necessary tools to create solutions?"

Able to find solutions to problems or deal with difficult situations.

I am a creative thinker and not afraid of challenges.

## COLLABORATION



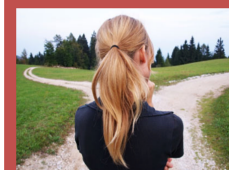
**COLLABORATION**

"How can we work together to be stronger?"

Working together with others to achieve a common goal.

I can be stronger with the help of others.

## RESPONSIBILITY




**RESPONSIBILITY**

"How can I make good choices and follow through?"

Being accountable, trustworthy, and doing the right thing.

I make thoughtful decisions and keep my promises.

## EFFORT & MOTIVATION



**EFFORT & MOTIVATION**

"How can I ensure I am always giving my best effort?"

Accomplishing tasks to the best of your abilities.

I will work hard and be proud of what I achieve.



**SKILLS:** Abilities that can be taught and assessed

**TRAITS:** Qualities that can be influenced