

*Cognizance, But You Can
Call Me Toggy*

VOCABULARY

Word	Student-friendly definition
aware	when you notice what you feel or what is happening around you
comfort	when you help someone feel safe, calm, or less upset
compassion	when you care about someone's feelings and want to help
empathy	when you understand how someone else might be feeling
mindful	when you pay close attention to your thoughts, feelings, and actions
observe	when you watch closely and learn from what you see
patience	when you stay calm while you wait or when something takes time
sensitive	when you are able to feel emotions strongly or understand others' feelings easily
support	when you help someone feel stronger, braver, or more confident
understanding	being kind and patient when someone is having a hard time