

Term, Phrase, or Expression	Simple Definition	Comprehension Support
Rock-n-Roll	The teacher's way of saying it is time to get started	
PODS	Term used for group activities	
T.G.I.M.	Thank God Its Monday - teacher's favorite day of the week and a video segment watched weekly during class	

Habit	Something one does repeatedly that can be either good or bad or neutral	
Why	The underlying reason behind someone's action or lack thereof. Motivation	
Breathing Technique	Inhale through the nose, hold and slowly release out the mouth (3X)	
Risk(s)	Temptations faced by teenagers that can be harmful to health	
Talk to yourself more than you listen to yourself	The little voice in one's brain has a tendency to focus on fear and negativity. That is why a person must purposefully talk to oneself in a positive fashion	
Law of Attraction	You attract that which you focus or put forward. If you express positive energy you will get positive energy in return	

