

20-Word Word Bank



Core Concepts

Mindfulness, Awareness,
Thoughts, Feelings, Attention,
Focus



Brain Parts

Brain, Amygdala, Prefrontal,
Cortex, Hippocampus



Positive Skills

Optimism, Resilience, Stress,
Challenges, Empathy



Social Skills

Compassion, Kindness,
Gratitude, Cooperation