

Lesson	Vocabulary
A world without rules 1	<p>Consequences – What happens because of an action (good or bad).</p> <p>Fair / Fairness – Treating people equally and justly.</p> <p>Authority – The power or right to make decisions and give orders.</p> <p>Disorder – A lack of order; things are messy or out of control.</p> <p>Accountability – Being responsible for your actions.</p> <p>Chaos – Complete confusion with no order at all.</p> <p>Organization – Having things arranged neatly and in order.</p> <p>Enforce – To make sure rules or laws are followed.</p> <p>Rules – Guidelines that tell people what they can or cannot do.</p> <p>Equality – Everyone being treated the same.</p> <p>Responsibility – A duty or job you are expected to take care of.</p> <p>Punishments – Penalties given for breaking rules or laws.</p> <p>Sentence – A punishment given by a court.</p>
A world without rules 2	<p>Cooperation / Cooperate – Working together to reach a goal.</p> <p>Conflict – A disagreement or fight between people or groups.</p> <p>Regulations – Official rules made to control behavior.</p> <p>Consensus – General agreement by a group.</p> <p>Civilization – A developed society with laws, culture, and organized systems.</p> <p>Self-governance – When people rule or make decisions for themselves.</p>
Personal style	<p>Self-expression – showing your personality through choices like clothes.</p> <p>Perception – how others understand or interpret you.</p> <p>Stereotyping – making assumptions about people based on looks.</p> <p>Aesthetic – the style or visual look someone prefers.</p> <p>Authenticity – being true to yourself.</p> <p>Conformity – matching the style of a group to fit in.</p> <p>Nonconformist – someone who chooses a different path.</p> <p>Symbolism – when an item represents a deeper meaning.</p> <p>Social cues – hints we get from appearance or behavior.</p>

	Identity construction – the process of shaping who we are.
Fast fashion	<p>Fast fashion = quick production + low price + high turnover of styles.</p> <p>Environmental impact = water waste, chemical pollution, textile landfills.</p> <p>Social impact = factory working conditions, low wages, safety problems.</p> <p>Consumer habits = impulse buying, trend chasing, emotional shopping.</p> <p>Overconsumption – buying more than necessary.</p> <p>Sustainable – made in a way that doesn't harm the future.</p> <p>Exploitation – unfair or abusive treatment of workers.</p>
The Importance of Nature	<p>Ecosystem – a system where living things depend on each other.</p> <p>Natural resources – materials from nature that humans use.</p> <p>Biodiversity – the variety of living organisms on Earth.</p> <p>Sustainability – using resources without destroying the future.</p> <p>Interdependence – when living things rely on each other to survive.</p> <p>Environmental balance – stability between nature and human activity.</p> <p>Life-support system – something essential for survival (air, water, food).</p> <p>Depletion – reduction or loss of natural resources.</p>
Nature and Human Well-Being	<p>Well-being – feeling healthy, calm, and balanced</p> <p>Mental escape – a break from stress or routine</p> <p>Comforting – making someone feel relaxed or safe</p> <p>Emotional balance – managing feelings in a healthy way</p> <p>Overstimulated – feeling overwhelmed by noise or activity</p> <p>Sense of peace – a calm, relaxed feeling</p> <p>Personal space – an area where someone feels comfortable</p> <p>Restorative – helping someone feel refreshed again</p>
Social Media & Self-image	<p>Self-image – how someone sees themselves</p> <p>Comparison – judging yourself against others</p> <p>Validation – approval from others</p> <p>Filtered reality – an edited version of real life</p> <p>Online pressure – stress to look or act a certain way</p>

	<p>Self-worth – how valuable someone feels</p> <p>Digital identity – how someone presents themselves online</p> <p>Unrealistic standards – expectations that are not real</p>
Identity beyond Appearance	<p>Identity – who a person truly is</p> <p>Values – beliefs that guide choices</p> <p>Authenticity – being real and honest</p> <p>Inner qualities – personality traits and attitudes</p> <p>Character – how someone behaves over time</p> <p>Integrity – doing the right thing consistently</p> <p>Self-awareness – understanding oneself</p> <p>Personal growth – developing as a person</p>
What People Assume About Me—And How Wrong They Are	<p>Assumption – belief without full proof</p> <p>Misconception – a wrong understanding</p> <p>Stereotype – generalized idea about a group</p> <p>Bias – unfair preference or prejudice</p> <p>Judgment – forming opinions about others</p> <p>Perspective – way of seeing or thinking</p> <p>Identity – how you define yourself</p> <p>Impression – perception formed by others</p> <p>Misjudgment – wrong judgment</p> <p>Prejudice – preconceived opinion not based on reason</p>
Why My Voice Deserves to Be Heard	<p>Voice – ability to express ideas</p> <p>Influence – power to affect others</p> <p>Expression – communicating thoughts or feelings</p> <p>Advocacy – actively supporting a cause</p> <p>Empowerment – giving someone confidence and authority</p> <p>Assertiveness – confidently expressing ideas</p> <p>Platform – opportunity to be heard</p> <p>Respect – valuing others' opinions</p> <p>Perspective – point of view</p> <p>Engagement – active participation</p>
Choosing a Superpower and What It Says about You.	<p>Ability – something you can do</p> <p>Responsibility – duty to act carefully</p> <p>Influence – power to affect others</p> <p>Choice – decision someone makes</p> <p>Limits – boundaries of power</p> <p>Impact – effect on others</p> <p>Strengths – personal abilities</p>
Power, Responsibility & Consequences	<p>Consequences – results of actions</p> <p>Ethics – ideas of right and wrong</p> <p>Fairness – equal and just treatment</p> <p>Misuse – using power incorrectly</p>

	Authority – control or leadership Balance – control between freedom and limits Accountability – being responsible for actions
Time Pressure	Time pressure – feeling forced by limited time Urgency – need for immediate action Overwhelmed – emotionally overloaded Compressed – feeling shortened or rushed Mental load – amount of stress the mind carries Expectation – belief about what must be done Pace – speed of action or life Imbalance – lack of harmony Tension – emotional stress Burnout – exhaustion from constant pressure
Using Time Wisely	Intentional – done with purpose Priority – most important focus Value – what matters deeply Distraction – attention-stealer Fulfillment – deep satisfaction Neglect – ignoring what matters Balance – healthy distribution Regret – wishing time was used differently Awareness – conscious understanding Alignment – matching actions with values
Confidence as a Skill, Not a Trait	Confidence – belief in your ability Practice – repeated effort to improve Growth – gradual improvement Mistakes – errors that help learning Effort – energy put into learning Progress – improvement over time Self-belief – trust in yourself Persistence – not giving up Skill – something learned, not born with Feedback – information to improve
Teaching Confidence – Support, Environment & Mindset	Support – help from others Environment – surrounding conditions Encouragement – positive motivation Mindset – way of thinking Fear of failure – worry about making mistakes Comparison – judging yourself against others Emotional safety – feeling safe to try Resilience – ability to recover Motivation – reason to act Confidence gap – difference between ability and belief
	Time pressure – feeling forced by limited time Urgency – need for immediate action

	<p>Overwhelmed – emotionally overloaded</p> <p>Compressed – feeling shortened or rushed</p> <p>Mental load – amount of stress the mind carries</p> <p>Expectation – belief about what must be done</p> <p>Pace – speed of action or life</p> <p>Imbalance – lack of harmony</p> <p>Tension – emotional stress</p> <p>Burnout – exhaustion from constant pressure</p>
The World Cup	<p>National pride – feeling proud of your country</p> <p>Unity – people coming together</p> <p>Global event – something watched around the world</p> <p>Pressure – stress to perform well</p> <p>Fair play – honesty and respect in competition</p> <p>Representation – standing for a country or group</p> <p>Passion – strong emotion or excitement</p> <p>Cultural impact – influence on traditions and behavior</p>

Vocabulary List - A world without rules 1

Word	Definition	Part of Speech	Synonyms	Example Sentence
Consequences	What happens as a result of an action (good or bad)	Noun	results, outcomes, effects	Every action has consequences.
Fair / Fairness	Treating people equally and justly	Adjective / Noun	justice, equality, honesty	The teacher showed fairness when grading the test.
Authority	The power or right to make decisions and give orders	Noun	power, control, leadership	The principal has authority over the school.
Disorder	A lack of order; things are messy or out of control	Noun	chaos, confusion, mess	Disorder spread when no rules were followed.
Accountability	Being responsible for your actions	Noun	responsibility, answerability	Students must take accountability for their behavior.
Chaos	Complete confusion with no order at all	Noun	disorder, mayhem, confusion	Without rules, the classroom turned into chaos.
Organization	Having things arranged neatly and in order	Noun	order, structure, planning	Good organization helps students learn better.
Enforce	To make sure rules or laws are followed	Verb	apply, carry out, implement	Teachers must enforce school rules fairly.
Rules	Guidelines that tell people what they can or cannot do	Noun	regulations, laws, instructions	Rules help keep everyone safe.
Equality	Everyone being treated the same	Noun	fairness, equal rights	Equality is important in a healthy society.
Responsibility	A duty or task you are expected to take care of	Noun	duty, obligation, role	It is your responsibility to finish your homework.
Punishments	Penalties given for breaking rules or laws	Noun	penalties, consequences, discipline	Punishments should be fair and reasonable.
Sentence	A punishment given by a court	Noun	judgment, penalty	The judge announced the sentence in court.