

| Lesson | Vocabulary |
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| 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> |

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| | <p>Identity construction – the process of shaping who we are.</p> |
| 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> |

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

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| | 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 |

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| | 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 |
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| The World Cup | National pride – feeling proud of your country Unity – people coming together Global event – something watched around the world Pressure – stress to perform well Fair play – honesty and respect in competition Representation – standing for a country or group Passion – strong emotion or excitement Cultural impact – influence on traditions and behavior |

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. |