**— A Glossary of Optimism and Thankfulness —**

**Acceptance**(*noun*) A feeling that you are received and embraced as a part of a group or community.

**Encouragement** (*noun*) A feeling of support, confidence, or hope.

**Joy** (*noun*) A feeling of content happiness.

**Kindness** (*noun*) A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

**Optimism** (*noun*) A feeling of hopefulness and confidence about the future or the success of something.

**Relaxation** (*noun*) A restful state that is free from tension and anxiety.

**Support** (*verb*) 1. To give help. 2. To be actively interested in the success of a person, group, or community.

**Thankful** (*adjective*) Expressing gratitude or relief.

**Acceptance**

(*noun*)

A feeling that you are received and embraced as a part of a group or community.

I felt the **acceptance** of my teammates  
after the first day of practice.

**Encouragement**

(*noun*)

A feeling of support, confidence, or hope.

I felt **encouragement** from my teacher,  
which helped me stay motivated and focused  
on doing my very best.

**Joy**

(*noun*)

A feeling of content happiness.

I used to take spending time with my  
family and friends for granted. Now it brings me **joy**.

**Kindness**

(*noun*)

A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

It’s important for us all to show as much **kindness** as we can to our friends, family, and classmates.

**Optimism**

(*noun*)

A feeling of hopefulness and confidence about the future or the success of something.

I’m looking forward celebrating a new year  
with **optimism** and will focus on being  
the best student I can be.

**Relaxation**

(*noun*)

A restful state that is free from tension and anxiety.

I felt complete **relaxation** while I was  
listening to music through my headphones.

**Support**

(*verb*)

1. To give help. 2. To be actively interested in the success of a person, group, or community.

I am here to **support** my friends and classmates  
as they work every day to get better.

**Thankful**

(*adjective*)

Expressing  
gratitude or relief.

I am grateful for the people in my life  
that show me support and love.