**Important words for us to understand and use.**

**Bravery:** The ability to do your best, even when you’re nervous or afraid.

*Kariann demonstrated* ***bravery*** *while she worked with her doctors and nurses to battle cancer.*

**Challenge:** Something that presents difficulty and requires effort to master or achieve.

*The students enjoyed the* ***challenge*** *of the soccer drills they practiced in class.*

**Focus:** To give full attention to a task or goal.

*Gayatri was able to* ***focus*** *on the balloons so she could keep them floating in the air for 1 minute.*

**Practice:** To perform an activity or exercise repeatedly and/or regularly in order to improve or maintain skill.

*To prepare for field day, we* ***practiced*** *our standing long jump in PE class.*

**Strong:** To stay positive during hard times and to stand up for others.

*Mason was* ***strong*** *during his cancer treatment and kept a positive attitude while his body fought the disease.*

**Willpower:** The ability to focus on what you want and then work to make it happen.

*Mack demonstrated* ***willpower*** *in order to inspire his family and friends while he battled cancer.*