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.*