



— 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 **thankful** for the people in my life
that show me support and love.