**Definitions for Words in “Children Learn What they Live” poem**

|  |  |
| --- | --- |
| **CRITICISM** | The expression of disapproval of someone or something on the basis of perceived faults or mistakes. |
| **CONDEMN**  | To express an unfavorable or adverse judgment on; indicate strong disapproval of; censure. To pronounce to be guilty; often for moral reasons. |
|  |  |
| **HOSTILITY**  | Unfriendliness, opposition, ill will. |
| **FIGHT** | Take part in a violent struggle involving the exchange of physical blows or the use of weapons; struggle to overcome, eliminate, or prevent. |
|  |  |
| **FEAR** | An emotion induced by perceived danger or threat, which causes physiological changes and ultimately behavioural changes, such as fleeing, hiding, or freezing from perceived traumatic events. |
| **APPREHENSIVE** | Anxious that something bad or unpleasant will happen; viewing the future with anxiety or alarm.  |
|  |  |
| **PITY** | The feeling of sorrow for the sufferings and misfortunes of others we think of in some way “less than” ourselves. |
| **FEEL SORRY FOR MYSELF** | To feel pity for oneself due to circumstances or treatment perceived as unfair or exceptionally harmful. The phrase typically implies that such feelings are not fully warranted. |
|  |  |
| **RIDICULE** | Mockery, jeering, taunting, scoffing. |
| **SHY** | Nervous or timid in company of other people. |
|  |  |
| **JEALOUSY** | Fearful or wary of being supplanted; apprehensive of losing affection or position  |
| **ENVY** | Feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck. |
|  |  |
| **SHAME** | A painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behaviour. |
| **GUILTY** | Responsible for wrongdoing. |
|  |  |
| **ENCOURAGEMENT** | Expression of approval or support.  |
| **CONFIDENCE** | Feeling or belief that you can rely on someone or something. |
|  |  |
| **TOLERANCE** | Ability to endure, put up with, live with something/someone difficult. |
| **PATIENCE** | Ability to tolerate delay, trouble, or suffering without getting angry or upset. |
|  |  |
| **PRAISE** | Expression of approval, admiration, support. |
| **APPRECIATION** | Recognition and enjoyment of the good qualities of someone or something or gratitude for something. |
|  |  |
| **ACCEPTANCE** | Feeling good enough, approval. |
| **LOVE** | Willingness to extend yourself for benefit of another. |
|  |  |
| **RECOGNITION** | People show admiration and respect for your achievements. |
| **HAVING A GOAL** | A goal is an idea of the future or desired result that a person or a group of people envision, plan and commit to achieve. People endeavour to reach goals within a finite time by setting deadlines. |
|  |  |
| **SHARING** | To have, use, experience, occupy, or enjoy something with others at the same time.  |
| **GENEROSITY** | Being kind, willing to share, give. |
|  |  |
| **HONESTY** | Quality of being truthful, straightforward, trustworthy, loyal, fair, and sincere. Along with the absence of lying, cheating, theft.  |
| **TRUTHFULNESS** | The fact of being true; telling the truth. |
|  |  |
| **APPROVAL** | Agreeing to something or accepting something as satisfactory. The belief that someone or something is good or acceptable. |
| **LIKE SELF** | Self-esteem feeling proud of yourself, valuing yourself and your FTB. |
|  |  |
| **CONSIDERATION** | The act of considering; thought with care. |
| **RESPECT** | Is a [positive](https://en.wikipedia.org/wiki/Positivism) feeling or action shown towards someone or something considered important, or held in high esteem or regard.  |
|  |  |
| **SECURITY** | The state of being free from danger or threat. |
| **FAITH IN ONESELF** | You have complete confidence or trust in yourself and your ability. |
|  |  |
| **VULNERABILITY** | The quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally; able to be easily physically, emotionally, or mentally hurt, influenced, or attacked; inability (of a system or a unit) to withstand the effects of a hostile environment. |
|  |  |
| **BELONGING** | Happiness and a feeling of ease in a secure relationship; being intimate and having affectionate closeness; creates a state of well-being; feeling like you are an important member of a group: I GET TO BE ME. |
| **FITTING IN** | To be accepted by a group of people because you are similar to them: I HAVE TO BE LIKE YOU. |
|  |  |
| **FEELING SAFE** | Our internal felt experience … that we feel comfortable in our body, calm, grounded, able to connect with love and kindness, access to our “thinking brain” or cortex. |
| **BEING SAFE** | Our external reality – are our surroundings safe and offering security and protection; are they without threats of any kind. |