Words unlock the doors to a world of understanding...
This Week's Words

Grasshopper
- worry
- exercise
- lonely
- return
- support

Shinobi
- uncertain
- emotional
- relationship
- overwhelm
- well-being
Word of the Day: worry

Definition:
If you worry, you keep thinking about problems that you have or about unpleasant things that might happen.

Alice was worried about returning to school.

Phrases:
- was very worried about
- please don’t worry because

Synonym: panic
Antonym:.stew

Rhyme: curry
Link Word: about

inside
Word of the Day: exercise

Definition:
If you exercise something such as your authority, your rights, or a good quality, you use it or put it into effect.

Exercising was great for helping me feel better.

Phrases:
- exercise every day
- go outside to exercise

Synonym: movement
Antonym: movement

Rhyme:
Link Word:
- daily
- never
Word of the Day: lonely

Definition:
Someone who is lonely is unhappy because they are alone or do not have anyone they can talk to.

Sometimes it was quite lonely at home.

Phrases:
- sad and lonely
- lonely and worried

Synonym:
- alone
- isolated

Antonym:
- popular
- sociable

Rhyme:
- only
- homely

Link Word:
- person
- place
Word of the Day: **return**

Pronunciation / Syllables: (re-turn)

Definition:
When you return to a place, you go back there after you have been away.

The children were glad to return to their school.

Phrases: glad to return, could not wait to return

Synonym: go back, come back

Antonym: depart, send

Rhyme: learn, earn

Link Word: home, journey
Word of the Day: support
(verb / noun)

Definition:
If you support someone or their ideas or aims, you agree with them, and perhaps help them because you want them to succeed.

The teachers were there to support the pupils.

Phrases:
very supportive
tried to support
Word of the Day: uncertain

Definition:
If you are uncertain about something, you do not know what you should do, what is going to happen, or what the truth is about something.

John was uncertain about what his classroom would be like.

Phrases:
- uncertain of
- uncertain because

Synonym: unknown
Antonym: certain
Prefix / Suffix: -ty, -ties
Rhyme: curtain, burden
Link Word: situation, outlook
Word of the Day: emotional

Definition: Emotional means concerned with emotions and feelings.

Paul was feeling emotional after seeing his friends.

Phrases: feeling emotional

Synonym: warm, emotive
Antonym: material
Prefix / Suffix: -ly
Rhyme: irrational, sensational
Link Word: day, event
Word of the Day: relationship

Definition:
The relationship between two people or groups is the way in which they feel and behave towards each other.

The children had a great relationship with the teacher.

Phrases:
close relationship with
a relationship between

Synonym: connection
Antonym: link
Prefix / Suffix: inter-
Rhyme: strained
Link Word: negative
Word of the Day: **overwhelm**

**Definition:**
If you are overwhelmed by a feeling or event, it affects you very strongly, and you do not know how to deal with it.

Emily felt **overwhelmed** by the work in her lessons.

**Phrases:**
- felt overwhelmed by
- was overwhelming

**Synonym:**
- swamp

**Antonym:**
- overload

**Prefix / Suffix:**
- -ing
- -ed

**Rhyme:**
- realm

**Link Word:**
- situation
- helm
- day
Word of the Day: **well-being**

**Definition:**
Someone's well-being is their health and happiness.

Everyone’s **well-being** was the school’s priority.

**Phrases:**
- well-being was affected by
- my well-being is

**Synonym:**
welfare

**Antonym:**
health

**Prefix / Suffix:**
guaranteeing
agreeing

**Rhyme:**
physical

**Link Word:**
mental