



TEMPTATION VOCABULARY WORDS

Much research suggests that kids can learn bigger words than adults think. Please spend time helping kids become more familiar with the emotional significance of each word noted below, especially how they relate to temptation. To assist, all words include an *italicized* value statement. For greatest impact, share one word each day for seven days, encouraging kids to discuss how each word of the day related to their own thoughts and actions. For best results, have kids memorize the brief definition of each day's word as they study. At the end of seven days, test kids' memory and understanding about each word.

1. **resist** - v. To keep from doing or having something unhealthy or unwise. *Some temptations are harder to resist than others.* Synonyms. oppose, avoid. Antonym. accept.
2. **adapt** - v. The ability to change or adjust. *When kids resist temptations, they adapt their mind to accept healthier behavior.* Synonyms. revise, adjust. Antonym. remain unchanged.
3. **trigger** - n. Something that starts an irritating or anxious feeling, causing kids and adults to react, usually in a way that is not helpful. *Learning examples of temptation triggers helps kids learn to reduce or eliminate them.* Synonyms. pressure, sensation. Antonym. calm.
4. **tolerance** - n. The ability to endure pain, hardship, or embarrassment for an important reason. *As kids improve resisting a temptation, they also build a tolerance to resist.* Synonyms. patience, resilience, stamina. Antonym. intolerance.
5. **commitment** - n. A dedicated attitude toward something or someone. *It can be helpful for kids to make a commitment to improve resistance to temptations.* Synonyms. pledge, promise, determination. Antonym. indifference.
6. **negligence** - n. Failure to take care of something. *Giving in to some temptations is just due to pure negligence.* Synonyms. carelessness, sloppiness. Antonym. cautiousness.
7. **irritate** - v. To bother or excite emotionally. *We can easily become irritated when trying to resist temptations.* Synonyms. disturb, annoy. Antonym. calm.