

My Zen Friend

VOCABULARY

Word	Student-friendly definition
admit	when you tell the truth about something you did
brave	when you face something scary without giving up
bridge	a structure that goes over water or a gap
courage	when you show strength even when you are afraid
explore	when you go to find out more about a place
obstacle	something that gets in your way
relax	when you take it easy and feel calm
shadow	when something blocks light and makes a dark shape
tremble	when your body shakes because you are scared or cold
zen	when you feel calm and peaceful