

A yellow speech bubble with a tail pointing towards the bottom-left corner, set against a dark blue background.

Word of the Week

Word of the Week

Rejuvenate (verb)

Before we define the word,
let's explore what it means...

Word of the Week

Let's see if we can work out what it means by looking at its etymology...

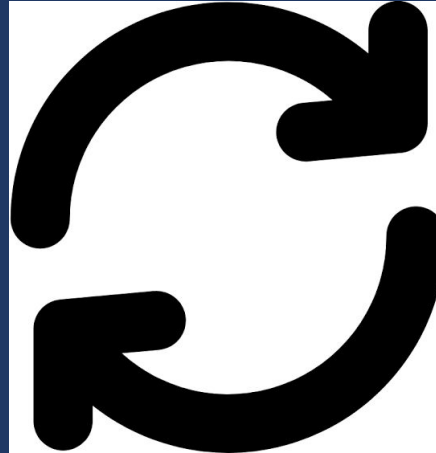
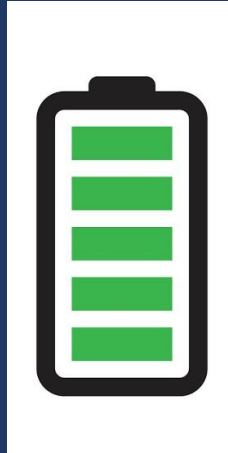


So what does **rejuvenate** mean?

“Re-young”

Word of the Week

Do any of these pictures help you to think about what “re-young” might mean...



Word of the Week

Rejuvenate (verb)

Definition

To make someone or something feel fresher, more energetic or livelier.

Word of the Week

Rejuvenate (verb)

To make someone or something feel fresher, more energetic or livelier.

Examples

“Rapid eye movement (REM) sleep helps **rejuvenate** brain functions essential for memory and learning.”

“Seasonal rains **rejuvenate** soil nutrients following periods of dry weather.”

“Taking time away from screens over half term can **rejuvenate** your focus for the upcoming term.”

Word of the Week

Rejuvenate (verb)

To make someone or something feel fresher, more energetic or livelier.

Synonyms

Revitalize	To give new life, strength, or energy to something.
Refresh	To make someone or something feel rested and energized again.
Renew	To make something feel new, strong or effective again.

Antonyms

Exhaust	To completely drain someone or something of energy.
Deplete	To use up or reduce resources until almost nothing is left.
Weaken	To reduce the physical strength, force or energy of something.

Word of the Week

Task

Add **rejuvenate** to your word of the week record sheet (page 18 of your planner).

You should keep this list updated each week and use as many of these words as you can.

Rejuvenate (verb)

To make someone or something feel or look younger or fresher.

Word of the Week

Week	Word
1	Endeavour
2	Tenacity
3	Inherent
4	Inviolable
5	Trajectory
6	Representation
7	Rejuvenate
8	
9	
10	

Record (verb)

To set down in writing for later reference.

“Use this page to **record** each Word of the Week”

Week	Word
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	
32	

Word of the Week

Rejuvenate (verb)

To make someone or something feel fresher, more energetic or livelier.

Challenge

What is one activity that leaves you feeling genuinely **rejuvenated** rather than just distracted?

What could you do over half term to **rejuvenate** yourself ready for next half term?



One activity that helps me to feel rejuvenated is...

Something I will do over half term to help me rejuvenate is...

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Word of the Week