

Word of the Week

2025-26

Word of the Week

We asked you to pick one of our wonderful
words of the week to be crowned

St Mark's Word of the Year 2025-26

Word of the Week

Let's see what word you chose...

Word of the Week

Resilience

Ubiquitous

2nd

1st

Aesthetic

3rd

Word of the Week

Resilience

(noun)

Before we define the word,
do you remember this poem...

Word of the Week

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

An extract from The Power of Words by Maya Angelou

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

How does this poem represent **resilience**?

Word of the Week

Resilience (noun)

Definition

The capacity to withstand or to recover quickly from difficulties.

Word of the Week

Resilience (noun)

The capacity to withstand or to recover quickly from difficulties.

Examples

“When facing a challenging exam, showing **resilience** means studying harder for the next one instead of giving up.”

“True **resilience** isn't about never failing; it's about how quickly you pick yourself up after a setback.”

“The poet uses the image of a tree bending in a storm to symbolise **resilience**.”

Can you come up with your own?

Word of the Week

Resilience (noun)

The capacity to withstand or to recover quickly from difficulties.

Synonyms

Toughness	The ability to handle hardships or difficult conditions.
Adaptability	The power to change and adjust easily to new or unexpected situations.
Grit	Staying strong and determined when facing long-term challenges.

Antonyms

Fragility	The state of being easily broken, damaged, or destroyed.
Weakness	A lack of physical, mental, or emotional strength.
Rigidity	The inability to bend, change, or adapt when under pressure.

Word of the Week

Resilience (noun)

The capacity to withstand or to recover quickly from difficulties.

Challenge

Reflect on this question.

You might want to discuss it with a partner, write on your mini whiteboard or even draw something to represent your answer.

How have I shown
resilience this year?

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

Word of the Week