

Positive verbs from A to Z

181 verbs, up to eight for every letter, with meanings and examples. Updated 10 October 2026. Free to print and share in a classroom.

A

Admire v.

To regard someone or something with warm respect or pleasure.
I admire how calmly the nurse explains each step.

Appreciate v.

To recognize and value the good qualities of someone or something.
Residents appreciate the shade provided by the old trees.

Achieve v.

To reach a desired result through effort or skill.
With steady practice, Lina can achieve the qualifying time.

Aid v.

To help a person, effort, or recovery.
Clear labels aid visitors who are finding the clinic for the first time.

Adapt v.

To adjust successfully to new needs or conditions.
Native plants adapt well to the region's dry summers.

Adore v.

To love or enjoy someone or something deeply.
The children adore the librarian who remembers their favorite stories.

Adorn v.

To make something more beautiful with decoration.
Local artists will adorn the walkway with painted tiles.

Agree v.

To share an opinion or willingly accept a proposal.
After reviewing the evidence, both teams agree on the next step.

B

Believe v.

To trust that someone, something, or a possibility is true.
Good mentors believe their students can continue to grow.

Bloom v.

To produce flowers or develop into a healthy, successful state.
With patient coaching, her confidence began to bloom.

Back v.

To give active support to a person, plan, or cause.

Local shops agreed to back the youth music program.

Bask v.

To enjoy warmth, approval, or a pleasant experience.

The cast paused to bask in the audience's warm applause.

Beam v.

To smile with clear happiness or pride.

His grandparents beamed when he read the final line aloud.

Bond v.

To form a close and supportive connection.

The new teammates began to bond during the long train ride.

Bless v.

To give someone sincere good wishes, favor, or protection.

The grandmother raised her hand to bless the departing couple.

Boost v.

To increase strength, confidence, value, or progress.

A clear example can boost a learner's confidence.

C**Celebrate** v.

To recognize a happy event, effort, or achievement with appreciation.

The class will celebrate every student who completes the reading challenge.

Cherish v.

To value and care for someone or something deeply.

They cherish the letters their grandmother saved.

Care v.

To give thoughtful attention to a person, need, or outcome.

Good editors care about what the reader will understand.

Cure v.

To restore health or remove a harmful condition.

The treatment can cure the infection when taken early.

Cheer v.

To give joy, hope, or encouragement to someone.

A visit from her teammates helped cheer the recovering runner.

Craft v.

To make something carefully and skillfully.

Local artists craft each lantern from recycled paper.

Caress v.

To touch someone or something gently and affectionately.

She paused to caress the old dog's silver muzzle.

Create v.

To bring something new or useful into existence.
The students will create signs for the nature trail.

D**Dream** v.

To imagine a desired possibility or future.
The young engineers dream of making clean water easier to reach.

Discover v.

To find or learn something previously unknown.
The students used the microscope to discover a detailed pattern in the leaf.

Dig v.

Informally, to like, appreciate, or understand something.
I dig how the new mural includes every neighborhood landmark.

Dare v.

To face uncertainty with enough courage to act.
Young reporters dare to question assumptions that others overlook.

Dote v.

To show great fondness and loving attention.
The grandparents dote on the twins without spoiling them.

Dance v.

To move rhythmically, often to express joy or follow music.
Families began to dance when the band played the first tune.

Debug v.

To find and remove errors from a system or plan.
The volunteers debug the booking form before registration opens.

Dazzle v.

To impress or delight someone greatly.
The young acrobats dazzle the audience with skill and timing.

E**Empower** v.

To give someone confidence, authority, or practical ability.
The course will empower residents to test their own water.

Enjoy v.

To take pleasure or satisfaction in something.
Visitors enjoy reading beneath the old oak trees.

Ease v.

To make pain, effort, or difficulty less severe.
A clear checklist can ease the pressure of a complicated move.

Edify v.

To improve someone's knowledge, judgment, or character.
The curator hoped the exhibition would edify every visitor.

Endow v.

To provide a person or institution with a lasting gift or quality.
The bequest will endow a yearly scholarship for nurses.

Exalt v.

To praise, honor, or raise to greater dignity.
The ceremony will exalt courage expressed through everyday service.

Excel v.

To perform exceptionally well in an activity.
With patient practice, Kira began to excel at public speaking.

Emerge v.

To come into view or develop into a clearer, stronger state.
New leaders began to emerge during the community project.

F**Flourish** v.

To grow, develop, or succeed in a healthy way.
Young trees flourish when they receive enough light and water.

Fete v.

To honor someone with warm public celebration.
The town will fete its retiring doctor on Saturday.

Flow v.

To move smoothly, steadily, and without obstruction.
Conversation began to flow once everyone had introduced themselves.

Fund v.

To provide money for a useful activity or need.
Local businesses fund the free summer lunch program.

Focus v.

To direct attention and effort toward a clear aim.
The team will focus on reopening the safest route first.

Flower v.

To bloom or develop into a healthy and attractive state.
With support, the young poet's confidence began to flower.

Foster v.

To encourage and support the growth of something valuable.
Shared projects foster trust between neighboring schools.

Frolic v.

To play and move about in a joyful way.
The lambs frolic across the meadow whenever the gate opens.

G**Glow** v.

To shine warmly or show happiness and health.
Her face began to glow as the choir applauded.

Grow v.

To increase, develop, or become more mature over time.
Skills grow when practice includes useful feedback.

Gain v.

To obtain, develop, or increase something useful.
With practice, the class began to gain confidence in public speaking.

Give v.

To offer or provide something to another person.
The volunteers give two hours each week to the reading program.

Grin v.

To smile broadly with pleasure or amusement.
The children began to grin when the magician found the coin.

Gush v.

To express warm praise or enthusiasm freely.
The grandparents gush about the child's kindness to her classmates.

Gleam v.

To shine softly or show a bright, happy expression.
The polished brass began to gleam in the morning light.

Glide v.

To move smoothly, quietly, and with apparent ease.
The skater seemed to glide across the fresh ice.

H**Heal** v.

To recover health or help damage become whole again.
Time, care, and honest conversation can help a friendship heal.

Hug v.

To hold someone closely as a sign of affection, comfort, or joy.
Mina hugged her brother when he arrived safely.

Hail v.

To praise or acclaim someone with enthusiasm.
Critics hailed the young conductor for her vivid interpretation.

Heed v.

To pay careful attention to useful advice or warnings.
Wise climbers heed the ranger's guidance before entering the canyon.

Help v.

To make a task easier or improve a person's situation.
Clear signs help visitors find the clinic without stress.

Hone v.

To refine and improve a skill through practice.
Weekly rehearsals helped the quartet hone its timing.

Host v.

To receive guests or organize an event for others.

The museum will host a free workshop for local families.

Honor v.

To show respect for someone or faithfully keep a commitment.

The new garden will honor the volunteers who cared for the park.

I**Inspire** v.

To awaken enthusiasm, confidence, creativity, or purpose.

The community garden may inspire more neighbors to grow food together.

Improve v.

To make or become better in quality, condition, or usefulness.

The editor changed the opening to improve clarity.

Ignite v.

To spark enthusiasm, curiosity, or constructive action.

Her opening question helped ignite a lively exchange of ideas.

Impart v.

To share knowledge, wisdom, or another valuable quality.

The retired engineer returned each week to impart practical skills.

Inform v.

To give useful facts or knowledge to someone.

The signs inform hikers about weather risks before the steep section.

Intuit v.

To understand something naturally without conscious reasoning.

Experienced gardeners can intuit when young plants need shade.

Invent v.

To create a new device, method, or idea.

The students hope to invent a quieter school bell.

Invite v.

To ask someone warmly to join or participate.

The organizers invite residents to shape the new garden plan.

J**Jazz** v.

To make something livelier, brighter, or more interesting.

Fresh herbs can jazz up a simple bowl of rice.

Join v.

To connect, participate, or become part of a group.

New residents are welcome to join the Saturday cleanup.

Juggle v.

To manage several demands skillfully at the same time.

She can juggle teaching and research without neglecting her students.

Jump-start v.

To give something the energy or help needed to begin quickly.
The small grant will jump-start repairs at the community hall.

Jollify v.

To make cheerful or to celebrate in a merry way.
Fresh flowers will jollify the community room before lunch.

Jubilate v.

To express great joy or celebrate with gladness.
Supporters jubilated when the final scholarship was fully funded.

Jubilize v.

To rejoice openly or celebrate in a joyful way.
Families jubilized together after the safe rescue was announced.

Jovialize v.

To make cheerful, convivial, or full of good humor.
The musicians jovialized the gathering with familiar folk songs.

K**Kindle** v.

To inspire or awaken a feeling, interest, or enthusiasm.
The workshop kindled her interest in astronomy.

Keep v.

To preserve, protect, or continue something valuable.
Careful storage will keep the seeds healthy until spring.

Knight v.

To grant someone an honored rank for distinguished service.
The monarch will knight the scientist for her public service.

Kick-start v.

To give something the energy or help needed to begin.
The new equipment will kick-start the youth training program.

Kvell v.

To feel or express extraordinary pride and delight.
Parents will kvell when the young orchestra takes its bow.

L**Laugh** v.

To express happiness or amusement with a natural sound or smile.
Everyone began to laugh when the puppy proudly carried in the broom.

Love v.

To care for someone or value something deeply.
They love the neighborhood enough to keep improving it.

Learn v.

To gain knowledge, skill, or understanding.
Teams learn faster when mistakes can be discussed safely.

Land v.

To secure or achieve something that was actively sought.
Priya worked steadily to land the apprenticeship she wanted.

Lead v.

To guide people or work toward a result.
She will lead the review and make sure every concern is recorded.

Lend v.

To give something for temporary use or offer help and support.
Neighbors lend tools to anyone working in the shared garden.

Lift v.

To raise something or improve a person's mood or condition.
The choir's final song seemed to lift the whole audience.

Like v.

To find someone or something pleasant, good, or enjoyable.
The children like the new library because it has quiet places to read.

M**Motivate** v.

To give someone a reason or desire to act.
Visible progress can motivate a learner to keep practicing.

Mend v.

To repair damage or restore a relationship or condition.
An honest apology helped mend the friendship.

Muse v.

To reflect thoughtfully on an idea or possibility.
They sat by the lake and mused about the journey ahead.

Model v.

To demonstrate a behavior or standard that others can follow.
Senior staff model calm communication during emergencies.

Manage v.

To handle a task, responsibility, or difficulty successfully.
With a clear schedule, the small team can manage the transition.

Marvel v.

To feel delighted wonder or admiration.
Visitors marvel at the detail in the hand-carved doors.

Master v.

To gain complete skill or control through learning and practice.
After months of practice, Jo began to master the difficult rhythm.

Mentor v.

To guide and support someone as they develop knowledge or skill.
Experienced nurses mentor each new member of the ward team.

N

Nurture v.

To care for and encourage growth or development.
Patient mentors nurture both skill and confidence.

Nourish v.

To support healthy growth with food, care, knowledge, or encouragement.
Libraries nourish curiosity by making knowledge easier to reach.

Nudge v.

To encourage someone gently toward a helpful action.
A friendly reminder nudged him to finish the application.

Nurse v.

To care for someone or something patiently back to health or strength.
They nursed the injured bird until it could fly again.

Neaten v.

To make something tidy, orderly, or easier to use.
A few labeled boxes will neaten the busy supply room.

Nestle v.

To settle into a warm, safe, or comfortable position.
The rescued kitten nestled into the soft blanket.

Notice v.

To become aware of and give attention to someone or something.
Good mentors notice quiet progress as well as major achievements.

Nuzzle v.

To touch or rub gently as a sign of affection.
The old dog would nuzzle each visitor's hand for affection.

O

Overcome v.

To succeed in dealing with a problem, fear, or difficulty.
With patient practice, he began to overcome his fear of deep water.

Own v.

To accept responsibility for an action or decision.
A strong leader will own the mistake and make the correction.

Offer v.

To present help, an idea, or an opportunity for someone to accept.
The community center will offer free evening classes.

Outdo v.

To perform better than a previous effort or rival.
Each apprentice tried to outdo the care shown in the previous repair.

Obtain v.

To gain or secure something through effort or request.
The clinic helped each family obtain clean drinking water.

Outrun v.

To run faster or escape through speed.

With steady training, Nia learned to outrun her earlier times.

Outwit v.

To overcome a challenge through clever thinking.

The gardener used netting to outwit the birds without harming them.

Observe v.

To watch or notice something carefully.

The trainees observe each demonstration before trying the technique.

P**Prosper** v.

To grow, succeed, or become secure.

Small shops prosper when the town center is easy to visit.

Plan v.

To decide thoughtfully how something will be done.

The students plan each experiment before gathering materials.

Play v.

To take part in an enjoyable activity or game.

Families play music together in the park each Friday.

Prize v.

To value someone or something highly.

The club members prize curiosity as much as correct answers.

Pacify v.

To calm anger, conflict, or distress.

A familiar song helped pacify the anxious child.

Pardon v.

To forgive an offense or release someone from blame.

She chose to pardon the honest mistake after hearing the explanation.

Please v.

To give someone enjoyment, satisfaction, or comfort.

The colorful reading corner will please young visitors.

Praise v.

To express approval or admiration for a quality, effort, or achievement.

The teacher chose to praise the careful reasoning, not just the correct answer.

Q**Quench** v.

To satisfy thirst or relieve a pressing need.

Cold spring water quenched the hikers' thirst at midday.

Qualify v.

To meet the required standard for a role, award, or opportunity.

Four young swimmers qualify for the regional final.

Quicken v.

To make something faster, livelier, or more active.
The first warm days quicken growth in the garden.

Quieten v.

To make or become calmer or less noisy.
A soft melody helped quieten the restless audience.

Quaff v.

To drink deeply and with hearty enjoyment.
Festival guests quaffed cool cider beneath the flowering apple trees.

R**Rejoice** v.

To feel or show great happiness.
Families rejoiced when the missing hikers returned safely.

Respect v.

To recognize the worth, rights, boundaries, or views of another.
Good debate can challenge an idea while still respecting the person.

Rest v.

To pause work or activity to recover strength.
The climbers rest beside the stream before the final ascent.

Rise v.

To improve, recover, or move toward greater achievement.
With steady support, the young choir continued to rise.

Rally v.

To recover strength or unite people around a purpose.
The volunteers rally whenever a neighbor needs urgent help.

Relax v.

To become calmer and release tension.
Soft lighting helped the children relax before bedtime.

Renew v.

To restore, refresh, or begin again.
The grant allowed the library to renew its collection.

Revel v.

To take lively and wholehearted pleasure in something.
The children revel in the freedom of the open meadow.

S**Smile** v.

To form an expression that often shows warmth, pleasure, or welcome.
The conductor smiled when the difficult passage finally came together.

Shine v.

To give light or perform with impressive ability.
The young actors shine when given room to improvise.

Soar v.

To rise high or improve with remarkable speed.
Her confidence began to soar after the first recital.

Savor v.

To enjoy and appreciate something fully and deliberately.
They paused to savor the quiet moment together.

Serve v.

To help, support, or provide something useful to others.
The new clinic will serve five remote communities.

Solve v.

To find an effective answer to a problem.
The students used careful measurements to solve the design flaw.

Spark v.

To begin or inspire energy, interest, or change.
The workshop could spark a lifelong interest in science.

Soothe v.

To calm pain, worry, or distress.
A familiar voice helped soothe the frightened dog.

T**Thrive** v.

To grow strongly, develop well, or prosper.
Children thrive when they feel safe enough to ask questions.

Treasure v.

To value and care for someone or something greatly.
They treasure the letters their grandfather wrote.

Try v.

To make a sincere effort toward an aim.
She will try again with a clearer plan.

Tend v.

To care for someone or something attentively.
Neighbors tended the garden while its owner recovered.

Teach v.

To help someone gain knowledge, judgment, or skill.
The demonstration will teach visitors how to test the water safely.

Thank v.

To express gratitude or appreciation.
We thanked the volunteers for their patient work.

Toast v.

To celebrate someone or something by raising a drink.
The guests toasted the couple's happy future.

Train v.

To teach and develop a skill through practice.

Experienced guides train every new volunteer.

U**Uplift** v.

To raise someone's mood, confidence, or sense of possibility.

The children's concert helped uplift the residents of the care home.

Unify v.

To bring people or parts together into harmony.

A shared garden can unify neighbors across several generations.

Unite v.

To join people around a shared purpose or effort.

The annual cleanup will unite residents from every neighborhood.

Unwind v.

To relax and release tension after effort or worry.

The musicians unwind after rehearsals with tea in the courtyard.

Uphold v.

To support and defend a principle, right, or standard.

Good leaders uphold the same safety rules for everyone.

Upcycle v.

To turn discarded material into something of greater use or value.

The class will upcycle old banners into durable book bags.

Upgrade v.

To improve something by replacing or adding better features.

The clinic will upgrade its backup power before winter.

Upskill v.

To learn additional abilities for work or a practical role.

The free course helps local cooks upskill in food safety.

V**Value** v.

To recognize the worth or importance of someone or something.

Strong teams value careful questions as much as quick answers.

Vouch v.

To express confidence in someone's character or ability.

Two former clients can vouch for the builder's careful work.

Verify v.

To check and confirm that something is true or accurate.

Please verify the address before sending the medical supplies.

Validate v.

To confirm that something is sound or recognize that a feeling is real.

The follow-up test will validate the safer design.

Vanquish v.

To overcome a serious obstacle or difficulty completely.
Careful treatment helped her finally vanquish the persistent infection.

Venerate v.

To regard someone or something with deep respect.
The community continues to venerate those who protected the forest.

Vindicate v.

To clear from blame or prove to be right.
New photographs may vindicate the driver accused of carelessness.

Vivify v.

To make something more lively, vivid, or animated.
A few personal stories vivify the science lesson.

W**Win** v.

To achieve success in a contest or secure a desired result.
The campaign hopes to win safer crossings for the neighborhood.

Whoop v.

To give a loud cry of excitement or joy.
The supporters whooped when their team scored.

Welcome v.

To receive someone gladly or accept something with approval.
Residents welcomed the new clinic and its extended hours.

Worship v.

To show deep reverence or devotion to a deity.
The congregation worshipped together at the morning service.

Withstand v.

To resist difficulty or pressure without giving way.
The reinforced homes can withstand stronger storms and protect families.

Y**Yearn** v.

To feel a strong and sincere desire for something valued.
Many young readers yearn to see their own lives represented in books.

Yield v.

To produce a useful result, harvest, or return.
The careful interviews yielded several practical improvements.

Yodel v.

To sing by rapidly changing between a natural and a high voice.
The folk singer began to yodel, and the audience joined in.

Youthen v.

To make or become more youthful in character.
Daily walks seemed to youthen his outlook and energy.

Z

Zoom v.

To move quickly and energetically.

The repaired scooter can zoom smoothly up the hill.

Zhuzh v.

To improve something with a small adjustment or finishing touch.

A bright cushion can zhuzh the reading corner without much cost.