

approached: If you approached something, you moved toward it.



The big cat approached the man with caution.

energetic: If you are energetic, you are filled with energy.



The energetic group ran happily on the beach.

pace: Your pace is how fast you are going.



Would you rather move at a walking or running pace?

blunder: If you make a blunder, you make a bad or silly mistake.



I made a blunder while I was making the chocolate pastries.

reassure: If you reassure someone, you tell him or her that everything will be all right.



Dad gave Mindy a hug to reassure her that everything would be all right.



excel: If you excel at something, you are very good at it.



Bob wanted to excel at swimming and mountain biking.