

## ROOT: "Boisteos" (adjective)

Boisterous was coined in the late 15<sup>th</sup> Century and is derived from the Middle English term *boistous* (c.1300) meaning 'rough, coarse, clumsy, violent'. This word is of unknown origin, but perhaps comes from Anglo-French *bustous* meaning 'rough (road)', which is possibly from Old French *boisteos* 'curved; uneven'. Now, boisterous means noisy, energetic, and cheerful.

Type of word: adjective

3 syllables: boy-stare-us

## ANTONYMS:

- Quiet
- Reserved
- Introverted
- Calm
- Serene
- Shy
- Withdrawn
- Timid
- Bashful

## SYNONYMS:

- Lively
- Active
- Animated
- Exuberant
- Excited
- Vibrant
- Loud
- Enthusiastic
- Spirited
- Extroverted

# BOISTEROUS

The crowd was young and **boisterous**.

## EXAMPLES:

The child was **boisterous** at home, but on their best behaviour at school.

## QUOTES:

*"The boisterous sea of liberty is never without a wave."*

**Thomas Jefferson**

*"On you and me and everything, I bestow my ripe blessings and boisterous bliss..."*

**Rob Brezsny**

## HOW I REMEMBER THE WORD



## HOW TO BE BOISTEROUS:

- MAYBE YOU ARE FEELING A BIT LOW ENERGY
- INSTEAD OF GETTING IN A SLUMP AND BEING TIRED, YOU TRY TO INCREASE YOUR ENERGY LEVELS
- YOU ARE CHEERFUL AND APPLY YOURSELF IN A LIVELY AND EXCITED WAY
- You are **boisterous**! Essentially, to be **boisterous** you must be expressive in a cheerful and high energy manner.