**Boisterous**

**Definition:**
noisy and rowdy

**Parts of Speech:**
Adjective

**Synonym:**
Loud

**Antonym:**
quiet, calm

IMS Cheerleaders are a very boisterous group.
Capacity

Definition:
the largest possible amount that can be contained 2. the ability to do something

Parts of Speech:
noun

Synonym:
Volume, effort

Antonym:

Sounds Like:

1. The auditorium is filled to capacity.
2. I have the capacity to stay cool in hot places.
Definition:
the highest allowable amount

Parts of Speech:
- adjective

Synonym:
- utmost, limit

Antonym:
- minimum

Sounds Like:

The maximum number of horses that could fit in the stable was three.
**Inept**

**Definition:**
without skill, clumsy

**Parts of Speech:**
*adjective*

**Synonym:**
unfit
Antonym:
skilled

**Sounds Like:**
Accept

Nina was completely inept at cooking a tasty meal.
Restrain

Definition: to hold back from

Parts of Speech: verb

Synonym: Control
Antonym: unleash

Sounds Like: contain

It was difficult for me to restrain from eating too much at the all-you-can-eat buffet.