The word of the week is HEED

It can be used as a noun or a verb.

Definition: (noun) careful attention,

 (verb) to give careful attention to

Used in a sentence AS A NOUN:

Pay heed to the instructions so that you will not make a mistake.

Used in a sentence AS A VERB:

She failed to heed the warnings and, as a result, wound up in trouble.

Student sentences –

I always heed my teacher’s directions.

It is important to heed what your parents tell you.

It is wise to head the warnings to evacuate in the event of a hurricane.

It is wise to heed the advice of your teachers.