

Challenging Yourself

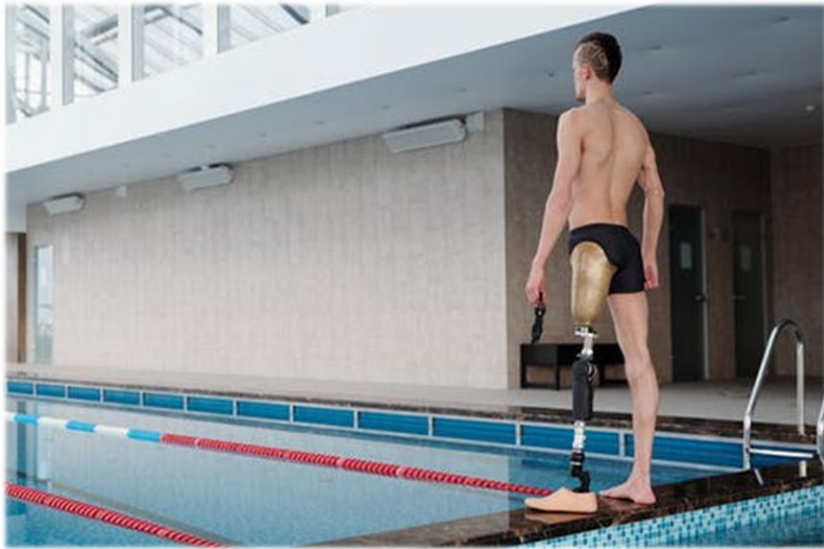


What challenge do you want to try
in the future?

Daily English Conversation

Advanced Class

Tell a Story



The Benefits of Challenges

What do we gain from challenging ourselves?

Vocabulary

- | | |
|----------------|--------------|
| 1. enhance | 5. variation |
| 2. proud | 6. undertake |
| 3. efficient | 7. restrict |
| 4. achievement | 8. inspire |



Scenario 1: A New Challenge

Student A wants to try something new and Student B is giving suggestions about things that could be good challenges.

Scenario 2: Don't Give Up

Student A recently tried a new challenge but it didn't work out very well. Student B is encouraging them not to give up and keep trying.

* Choose a topic below and tell a short story that is either true or not true. The other students in the class and the teacher ask one question each about the story. Then they guess whether your story is true or false.



1. My biggest challenge in my school days was
2. I once unsuccessfully tried to
3. The hardest challenge in my life was
4. I recently challenged myself to



- When was a time you challenged yourself and succeeded?
- Why do some people avoid challenges?
- What is a challenge that you have already tried, but would like to do again?
- How can we conquer a daunting challenge?