

# ENGLISH

## Chapter 16 Session A

**5th**  
SECONDARY

## CHALLENGES

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 **SACO OLIVEROS**

# Helicomotivation



# Challenges



**WDYT?**  
(What do you think?)

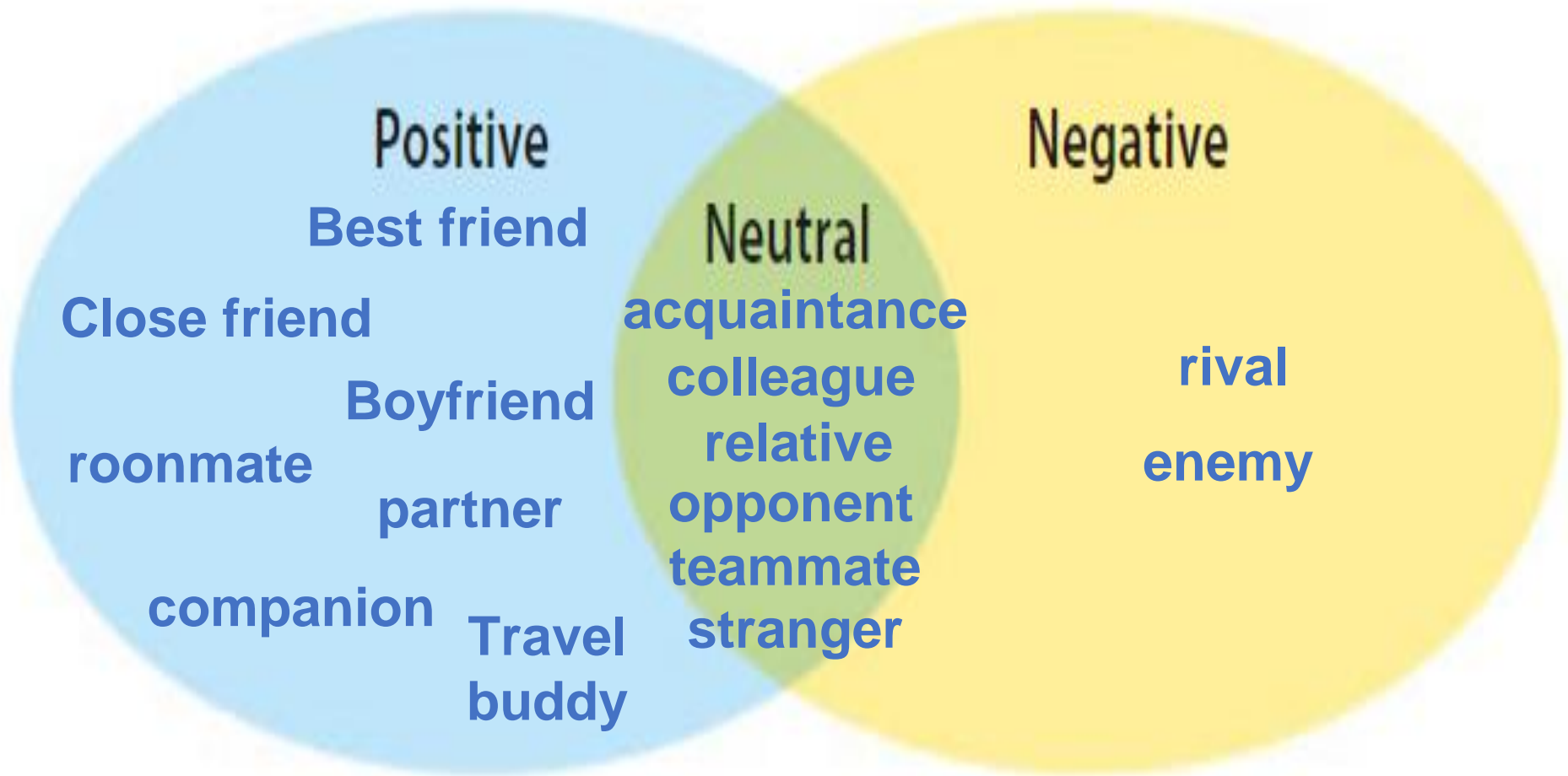
What can you do to  
challenge yourself?

## People



- 1** Complete the diagram with the words in the box. Can you think of any other words?

acquaintance   best friend   close friend   colleague   enemy  
opponent   relative   rival   stranger   teammate



2



35

Work in pairs. Listen to the descriptions and match them with people from exercise 1. Then describe the other people to your partner.

1. **Enemy**

2. **Colleague**

3. **Best friend**

4. **Rival**

5. **Teammate**

6. **Opponent**

This is someone you don't know well  
(**Aquaintance**)

Is someone in your family, someone who you are related to, e.g. an aunt, grandpa, etc.  
(**relative**)

This is someone who you get along really well with. (**close friend**)



**3**



**Work in pairs. Ask and answer the questions.**

- 1** What do you and your best friend like doing?
- 2** Are you on any teams? If so, do you get along well with your teammates?
- 3** Did you beat your opponents the last time you played a game or match?



## Challenges

- 4** Look at the photos. What do you think they represent?

# Challenges

**4** Look at the photos. What do you think they represent?

## Suggested answers:

- ✓ **Adventure:** quad biking, rock climbing
- ✓ **New skills/creativity:** robotics class, guitar lesson, writing





Read the quiz and check the meaning of the words in bold. Rate the statements 0-5 (0 = I totally disagree, 5 = I totally agree).

You want to **set an objective or set goals** ... but how likely are you to stick to them? Can you easily **achieve your goals and objectives** or do you **need encouragement**?

1 If I **make a promise**, I always **keep my promise**.  
I never **break a promise**.

0 1 2 3 4 5

2 I can **overcome a failure** and keep **working on my goals**.

0 1 2 3 4 5

3 When I **make a resolution**, I'm likely to **break my resolution** after a few weeks.

0 1 2 3 4 5

4 I am willing to **take a risk** and try new things.

0 1 2 3 4 5

5 I sometimes **miss opportunities** because I'm scared that if I **take an opportunity**, I'll **be out of my comfort zone**.

0 1 2 3 4 5

6 I **take inspiration** from other people's achievements.

0 1 2 3 4 5

7 My friends help me **deal with setbacks** and **face challenges**.

0 1 2 3 4 5

8 When other people believe I can do things, it **increases my motivation**.

0 1 2 3 4 5

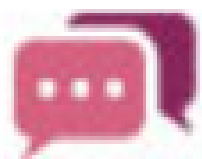
**6** Look at the quiz again and find the noun form of the verbs in the box. Which are the same as the verb?

- |              |                 |             |               |
|--------------|-----------------|-------------|---------------|
| 1. Achieve   | • Achievement   | 6. Inspire  | • Inspiration |
| 2. Challenge | • Challenge     | 7. Motivate | • Motivattion |
| 3. Change    | • Change        | 8. Promise  | • Promise     |
| 4. Encourage | • Encouragement | 9. Resolve  | • Resolution  |
| 5. Fail      | • Failure       | 10. Risk    | • Risk        |

## **7** Guess whether your partner agrees (A) or disagrees (D) with the statements.

- 1** I'm the most out of my comfort zone when I have to speak in class.
- 2** I never need encouragement to try new things.
- 3** I need to motivate myself.
- 4** I'd rather break a resolution than risk failure.
- 5** If I make a promise to a friend to do something, I'm more likely to do it than if I promise myself.
- 6** I enjoy working on my goals and achieving them.


8



Work in pairs. Ask and answer questions using the ideas in exercise 7. Were your guesses correct?

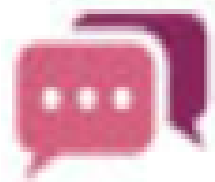
When are you out of your comfort zone?  
Is it when you speak in class?

No, I'm out of my comfort zone when ...

- 9**  Watch the video. Does Ben believe failure is a good or bad thing?
- He believes that failure is a good thing because after this experiences we can learn and be better in our life.



10



Work in pairs. Discuss the questions.

1

He makes his own music .

2

Homemade, it's filmed at home  
using his own photos & videos.

3

They are helpful / They are  
Inspirational.