

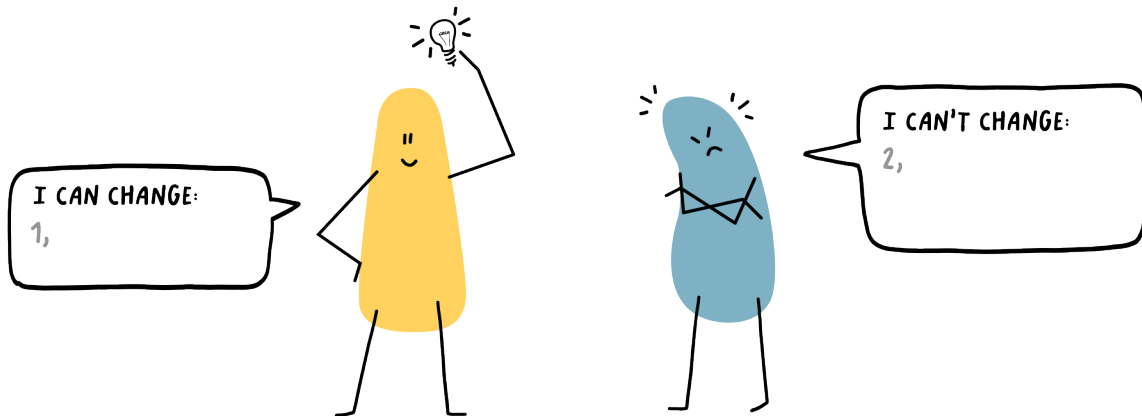
# #CHILLOUT ZONE

#nopainnogain #Icanchange #growthmindset  
#learnfrommistakes #trynewthings

- 1 Read the pairs of sentences. In each pair, tick ☒ the sentence that describes you better. Compare your answers with your friend.

- |   |  |
|---|--|
| <input type="checkbox"/> 1. I often try new things.                           | <input type="checkbox"/> 5. Mistakes are OK. Everybody makes mistakes.         |
| <input type="checkbox"/> 2. I don't often try new things.                     | <input type="checkbox"/> 6. Making mistakes is a bad thing.                    |
| <input type="checkbox"/> 3. When I'm not great at something, I stop doing it. | <input type="checkbox"/> 7. I can't change. I am good at something or I'm not. |
| <input type="checkbox"/> 4. I don't give up quickly. No pain, no gain.        | <input type="checkbox"/> 8. I can change. I get better when I practise more.   |

- 2 Look at the pictures. Match the sentences from ex. 1 with the correct pictures.



Do you know that you can **change** how you think about challenges? Look!





- 3 Look at the list of activities below. Choose three things that you want to try or add your own ideas. Find three people who want to try the same things.

**LIST:**

- DOWNHILL BIKING
- PARAGLIDING
- BAKING CUPCAKES
- SNORKELLING
- RIDING A STUNT SCOOTER
- QUAD BIKING
- EATING \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**I WANT TO TRY:**

**NAMES:**

---



---



---



---



---



---

DO YOU WANT TO TRY  
EATING INSECTS?

YES, I DO.



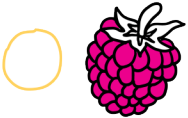
NO, I DON'T.



**GET READY FOR THE STORY**



- 4 Listen to the teacher and number the pictures. Label the pictures with the words from the box.



hill

pull the brakes

downhill biking

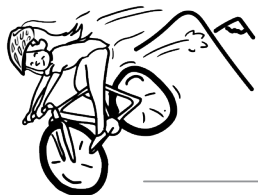
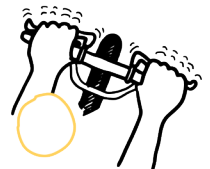
handlebars

speed down

raspberry

moose

blood

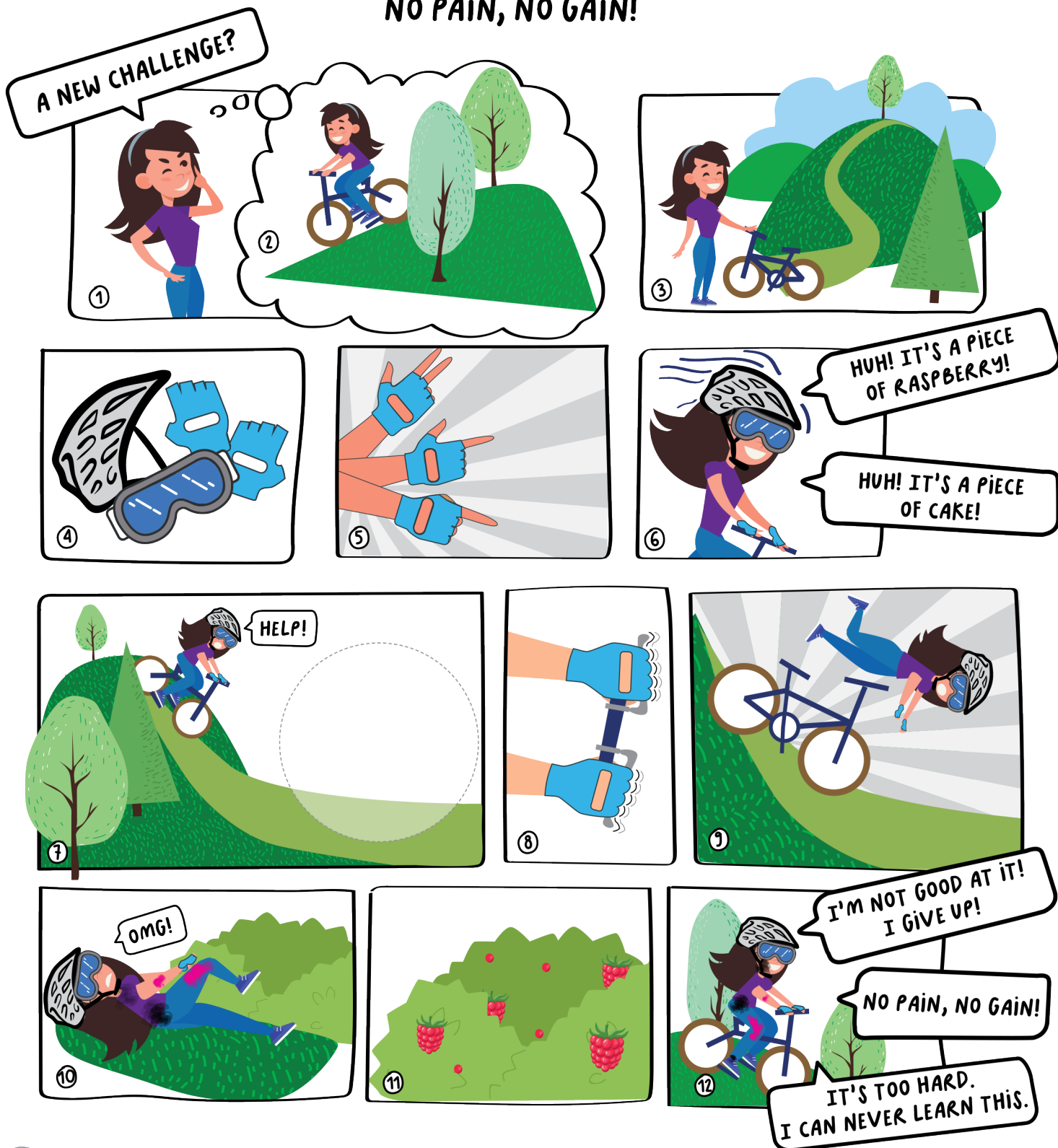




5 Look at the pictures. Talk in pairs.

- What happens in the story?
- What's missing in picture 7?
- Choose what the girl is saying in pictures 6 and 12.

## NO PAIN, NO GAIN!



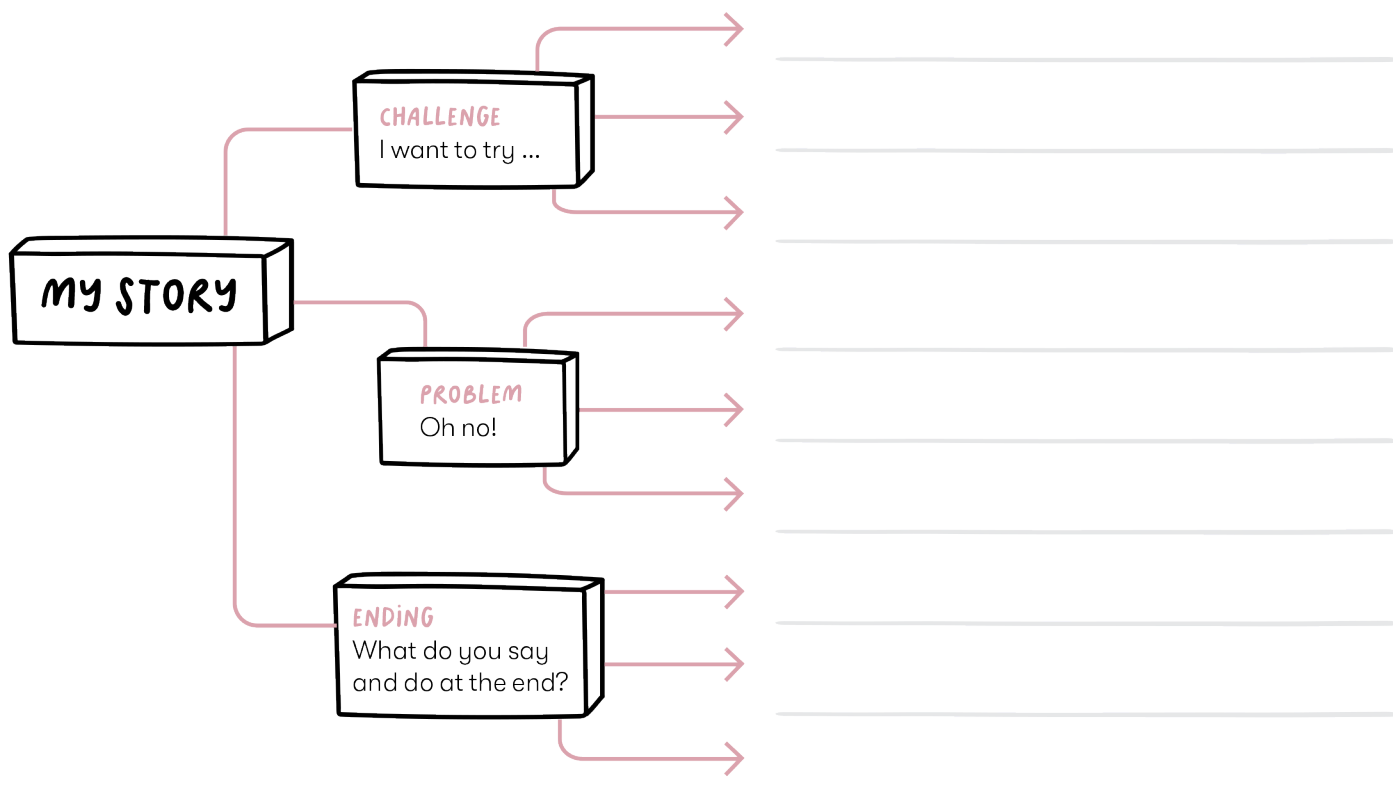
6 Listen to the story and check your answers for exercise 5.

- 7 Oops, your teacher tried downhill biking last weekend too and left a wet track on the text!  
Can you read the story?

## NO PAIN, NO GAIN!

1. I want to take on a new challenge.
2. How about downhill biking?
3. I go to the highest hill I can find.
4. I put on my helmet, goggles and gloves.
5. Ready, steady, go!
6. I'm speeding down the hill! Huh! It's a piece of cake!
7. Oh no! A moose in my way! Help!
8. I pull the brake.
9. And I fly over the handlebars. Ouch!
10. OMG! Is this blood?
11. Phew! It's only raspberry juice!
12. 'No pain, no gain!' I think and I get on my bike again.




- 8 It's time for you to plan your own story. Work in pairs. Write down your ideas.



# STORYTELLING TIME



9

In pairs choose one idea from each box in exercise 8. Write , tell  or record  your story together. You can use the phrases below.

I WANT TO TRY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

HOW ABOUT

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I GO TO

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I'M

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

IT'S A PIECE OF CAKE.

OH NO!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

HELP!

OMG!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

PHEW!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Now choose  
your own ending.

IT'S TOO HARD, I GIVE UP

NO PAIN, NO GAIN! \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



