

Pre-Intermediate – Try New Things

Aim: To encourage students to try new experiences.

Lead-in: Ask students if they have favourite things or activities they do all the time, e.g., favourite food, hobbies, etc. Elicit some experiences they'd like to try and write them on the board (something they haven't eaten, a place they haven't visited, a skill they'd like to learn, etc.).

Choose A Scenario: Ask students to work in pairs and choose one of the three scenarios (A–C). Ask them to read through it and check understanding. Encourage them to think of ideas for new things that they could try in their scenario and write them down.

Ask them to think of at least five ideas for new things. Monitor and help with language where necessary. Encourage students to look at the Reflection Point while doing the task.

Reflection Point: Explain to students that we sometimes do the same things every day because it's easy and we feel comfortable. But point out that it is good to try new things because they can learn from every experience. Acknowledge that leaving one's comfort zone may cause stress, but adapting to new situations is a good skill to have.

Class discussion: Ask each pair to work with another pair who chose the same scenario, and to compare the list of new things that they wrote. Encourage them to identify differences and similarities in their lists.

Write the questions below on the board. Allow groups time to discuss their answers before holding a whole-class discussion.

- *What do you do every day?*
- *How often do you try new things?*
- *How do you feel when you try new things?*

Work alone: Ask students to work alone, choose a second scenario (A–C), and follow the same steps to write a list of five new things to try. Once they have finished, invite volunteers to present their scenario to the class and explain what their five things are.

Extension: Introduce the term *bucket list* (a list of the things you want to do before you reach a certain age or before you die) and have them create one for themselves. Have them think of what they'd like to do or accomplish by the time they're 30 or before they finish school. This can be done as a homework assignment.