

READING ACTIVITY

Read the blog post and choose which sentence (A-G) fits each gap (2-6). You do not need one of the sentences.

The 7 Day Challenge

Summer's over and you've slipped back into your cosy, comfortable routine. Well, not for me and my friends,

Rob and Sophia. This year we've decided to take on 'The 7 Day Challenge' and step out of our comfort zones. Not sure what I mean? Read on ...

It all started with me, Rob and Sophia chatting one evening in my room. We're always complaining about being bored but that evening Sophia interrupted our whingeing and said, 'Instead of just moaning about our life being dull, let's do something about it!' 1_____ After a few searches on the internet, we came across this '7 Day Challenge'.



The idea of 'The 7 Day Challenge' is to encourage your friends, over the course of a week, to do activities they normally shy away from. We each come up with an activity we enjoy, but that the other two friends haven't tried before. 2_____ We've been doing the challenge for a few days and let's say it's had its ups and downs!

OK rewind to day one – audition for something! Clearly not one of my suggestions as the mere idea of performing in front of people sends me into a cold sweat! It's Sophia's turn and she's challenged Rob and me to audition for a play at her local theatre group. So we're standing in the dark, looking at a lit stage and it's nerve-racking. The director calls my name first and suddenly it's too overwhelming. I leg it. My first challenge and I've fallen at the first hurdle. 3_____

Not wanting to lose face I agree to carry on with the challenge. It's Rob's turn and he's invited us to go 'wild camping'. My first question is 'What is wild camping?' To be honest I'm a bit put off by the word 'wild'. Basically, it means not pitching your tent anywhere near a toilet or hot shower. 4_____ But it's only for one night so I'm willing to give it a go.

So how does challenge two compare with my first disaster? Well, I reluctantly turn up at our local woods with a huge rucksack on my back. My gut feeling is that this is not my thing at all. After a few wrong turns (it seems Rob doesn't have a great sense of direction!) we arrive at this stunning lake and pitch our tents. 5_____ We cook our food on an open fire and chat into the night and I must admit, I love the sense of freedom of being away from everything.

It's my turn now and I've chosen baking. I love it and I'm pretty good at it. Sophia and Rob, however, are not exactly looking forward to it, but you know what? They might just surprise themselves! So is 'The 7 Day Challenge' a worthwhile experience? Definitely. 6_____ My advice is next time you say to yourself, 'no thanks, it's not really me,' stop and give it a chance. It's often too easy to pigeonhole yourself and dismiss things without even trying them.

Sentences

A Once there, I kind of relax into it and my initial reservations start to disappear.

B Rob doesn't actually get a part, but at least he's brave enough to go through with it!

C OK, I know it's early days, but so far, I've found our challenge fun and actually a bit of an eye-opener.

D It definitely hasn't turned out how I expected and I feel a bit annoyed with Rob and Sophia.

E She had a point as we never sign up for anything new.

F For someone who loves his creature comforts, it's not an idea with huge appeal!

G It hasn't actually been that difficult as, despite being close friends, we have very different interests!

Find the words or phrases in the blog post that mean the following.

1. warm and comfortable (adj) (para 1) _____
2. boring (adj) (para 2) _____
3. stressful or terrifying (adj) (para 4) _____
4. affecting you very strongly, and you don't know how to deal with it (adj) (para 4) _____
5. ready (adj) (para 5) _____
6. not really wanting to do something (adv) (para 6) _____
7. quite or very (adv) (para 7) _____
8. useful or important enough to spend time on (adj) (para 7) _____
9. to have an idea of what type someone or something is (v) (para 7) _____
10. reject (v) (para 7) _____

PRETTY - DISMISS - WORTHWHILE - COSY -
DULL - WILLING - OVERWHEALMING -
RELUCTANTLY - PIGEONHOLE - NERVE-RACKING