

## VOCABULARY - RULES OF THE GAME: PART 1

1. boundaries – גבולות	13. expectations – ציפיות
2. insist – להתעקש	14. absence – חוסר נוכחות / היעדרות
3. Obedience - ציות	15. unsettling – מעורר אי נוחות
4. explore – לחקור / לגלות	16. adolescent – בגיל ההתבגרות
5. autonomy – עצמאות / אוטונומיה	17. self-reliance – יכולת להסתמך על עצמך
6. ownership – בעלות / אחריות על משהו	18. narrow – מצומצם / צר
7. rebellion – התנגדות / מרד	19. isolated – מבודד
8. tug – משיכה / כוח שמושך	20. ignite – להצית / להבעיר
9. attachment – קשר רגשי / חיבור	21. mature – בשל / בוגר
10. remain – להישאר	22. regulate – לשלוט על / לוסת
11. anchor – עוגן / משהו שמייצב	23. urgent – דחוף
12. unpredictable – לא צפוי / בלתי ניתן לחיזוי	24. set boundaries – לקבוע גבולות

**FILL IN THE SUMMARY OF RULES OF THE GAME USING THE WORD BANK.**

**WORDS CAN CHANGE FORM.**

**WORD BANK:** *explore, obedience, rebellion, boundaries, attachment, ownership, autonomy, regulate, self-reliance, mature*

Waverly Jong grows up in Chinatown, learning about her neighborhood, her family, and herself.

From an early age, she begins to \_\_\_\_\_(1) her talents. There is often tension between Waverly and her mother, who gives guidance but also expects \_\_\_\_\_(2). Waverly experiments with small acts of \_\_\_\_\_(3), testing her mother's \_\_\_\_\_(4) while still feeling a strong \_\_\_\_\_(5) to her family.

Her mother teaches her lessons in observation, strategy, and clever thinking. Waverly reflects on her actions and begins to take \_\_\_\_\_(6) over her choices.

When Waverly first begins to learn chess, her mother explains her ideas about "American rules": that in the wider world, everyone must make smart choices, and take care of themselves, because others won't help them. Waverly begins to understand the importance of \_\_\_\_\_(7) one's feelings and \_\_\_\_\_(8), while also \_\_\_\_\_(9) into an independent person.

Read the following article. As you read the article, write the Hebrew translation to the bolded word.

## Becoming Yourself: The Psychology of Adolescence (גיל ההתבגרות)

Adolescence is a strange and intense time. One day, a teenager quietly follows rules; the next, they push **boundaries**\_\_\_\_\_, question authority, and **insist**\_\_\_\_\_ on doing things their own way. They want to decide, to choose, to claim a part of the world as their own. Psychologists call this time *identity formation* —a time when teenagers **explore**\_\_\_\_\_ who they are, what they value, and how they fit into life.

At the heart of this experience is **autonomy**\_\_\_\_\_. They long to make decisions independently, to take **ownership**\_\_\_\_\_ of successes and mistakes alike. Yet even in moments of **rebellion**\_\_\_\_\_, there is a **tug**\_\_\_\_\_ toward **attachment**\_\_\_\_\_. Parents **remain**\_\_\_\_\_ the **anchor**\_\_\_\_\_ in a world that suddenly feels **unpredictable**\_\_\_\_\_—friendships change and **expectations**\_\_\_\_\_ everywhere grow. The **absence**\_\_\_\_\_ of guidance or support can feel **unsettling**\_\_\_\_\_, even frightening. It is the tension between separating and staying connected that shapes the **adolescent**\_\_\_\_\_ experience, teaching them both **self-reliance**\_\_\_\_\_ and the importance of connection.

Emotionally, adolescence can feel like walking on a **narrow**\_\_\_\_\_ bridge. Minor fights or misunderstandings can **ignite**\_\_\_\_\_ strong reactions, leaving teenagers frustrated or **isolated**\_\_\_\_\_. Brain development explains part of this intensity: the systems that process emotion **mature**\_\_\_\_\_ before those that control judgment and self-control. Feelings arrive in strong waves, while the tools to **regulate**\_\_\_\_\_ them are still developing. Ordinary events—a disagreement, a critique, a small failure—can feel **urgent**\_\_\_\_\_ and personal, increasing the tension between independence and connection.

Through reflection, trial **ניסוי** , and negotiation **משא ומתן**, adolescents build their sense of who they are. They learn to make decisions, **set boundaries**\_\_\_\_\_, and understand their own values. The journey is rarely smooth, often confusing, but essential; every challenge, choice, and doubt becomes part of becoming oneself.

*Answer the following questions about the article:*

1. What does the term “**identity formation**” mean according to the article? Paragraph I
2. Which word describes the pull teenagers feel toward their parents even when they want independence?
  - a) rebellion
  - b) attachment
  - c) autonomy
  - d) urgent
3. Why do teenagers often feel their emotions very strongly? Paragraph III