

## (12) ADAPT AND SURVIVE

**ACTIVITY 1:** Use the words in the box to complete the sentences.

adaptable calm cooperative flexible hardworking  
imaginative positive smart tough

1. He's always cheerful, never sad. \_\_\_\_\_
2. She doesn't panic. She stays relaxed and thinks clearly. \_\_\_\_\_
3. She's good at working with other people because she's very helpful.  
\_\_\_\_\_
4. He certainly isn't lazy. He's a good student, and he always does his best.  
\_\_\_\_\_
5. She loves sports. She runs 15 km every morning before breakfast and she plans to run a marathon. \_\_\_\_\_
6. She always comes up with creative new designs that no one has thought of.  
\_\_\_\_\_

**ACTIVITY 2:** Read the article and listen to the [PODCAST](#). Answer the questions.



**Real Stories: Adapt and Survive**

### Ada Blackjack

Ada was part of an expedition to an island in the Arctic. When three men left the expedition, she was alone with a sick companion, no food, no fuel, and no experience of surviving in the Arctic.

1. Why did Ada need to adapt?

2. What did she do?

3. How did she show each of these qualities?

a. She was positive

b. She was smart

c. She was tough