1.7 Writing

A blog post describing a personal challenge

1 Match the verbs below with the definitions.

~~cry~~ scream shake shiver shout sweat

1 produce tears from your eyes, usually because you're unhappy or hurt: *cry*
2 produce liquid on the surface of your skin because you're hot or nervous: _____
3 when part, or all, of your body moves quickly because you're afraid or cold: _____, _____
4 make a loud, high noise because you're afraid or hurt: _____
5 say something very loudly: _____

2 Complete Antje's description of a personal challenge with phrases a–f.

a But when I heard about a new talent show at my school
b ~~I normally love~~
c The experience has made me
d When I arrived at
e The problem is
f At the beginning, it was difficult



My first *performance*

by Antje Fischer

[1] *b* singing and I do it whenever I can at home – usually in the shower! [2] ___, I've always hated singing in public or even in front of my closest friends. The thought of it makes me feel really anxious. [3] ___, I decided to give it a go.

[4] ___ the contest, I walked onto the stage and I was terrified. My hands were shaking and I could hardly hold the microphone. When the music started, I was shivering all over, but I began to sing the first few words. [5] ___, but gradually, I started to calm down and sing better. By the end, I actually wanted to scream with joy – I loved it!

I didn't win the contest, but people said I sang well. [6] ___ more confident about my singing – I'm even thinking about joining a band!

3 Match the sentence halves.

1 [c] I first realised I had a problem
2 [ ] When I heard about the competition,
3 [ ] That day, I learned
4 [ ] Now I'm not afraid

a of heights any more.
b something important about myself.
c ~~when I went climbing with a friend.~~
d I decided to give it a go.

4 Complete Toby's notes about his personal challenge with phrases a–d.

a ~~always been afraid of water~~
b feel more confident on the water now
c realised when I travelled by ferry as a child
d nervous at first, shivering and sweating

Sailing a boat
Reason for the challenge
- [1] *always been afraid of water*
- [2] _____
- *uncle has a boat, invited us to go sailing*

Description of the challenge
- [3] _____
- *suddenly my uncle gave me the controls*
- *slowly felt more confident*

After the challenge
- *loved it*
- [4] _____

WRITING TIME

5 Write a blog post with a description of Toby's personal challenge. Look at his notes in Exercise 4.

1 Find ideas
Make notes about:
- why he wanted to do the challenge.
- what the challenge was like.
- how Toby felt after the experience.

2 Plan and write
- Organise your ideas into paragraphs. Use Antje's blog post in Exercise 2 to help you.
- Write a draft of your blog post.

3 Check
- Check language: have you used verbs to express emotions?
- Check grammar: have you used a variety of past tenses?
- Write the final version of your blog post.

I can write a description of a personal challenge. Unit 1

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