

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 – מתבגר / בגיל ההתבגרות
5. autonomy – עצמאות / אוטונומיה	17. self-reliance – יכולת להסתמך על עצמך
6. ownership – בעלות / אחריות על משהו	18. narrow – צר / מצומצם
7. rebellion – מרד / התנגדות	19. isolated – מבודד
8. tug – משיכה / כוח שמושך	20. ignite – להצית / להבעיר
9. attachment – קשר רגשי / חיבור	21. mature – בוגר / בשל
10. remain – להישאר	22. regulate – ללוות / לשלוט על
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 וניסוי, and negotiation ומשא 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