

ADAPTATION

B1-B2 • Reading skill: Scanning

Name: _____

Date: _____

READING

1 Adaptation is the process of changing the way we live, think, or behave to deal with a new situation.
2 Everyone experiences changes, such as moving to a different city, starting a new job, or joining a new
3 school. Although these experiences can be exciting, they often bring challenges. For example, when
4 students move abroad, they may struggle with an unfamiliar language, different food, and new social
5 rules. At first, even simple activities, like buying groceries or taking a bus, can feel stressful. However,
6 adaptation becomes easier when people stay patient and take small steps. They can learn useful phrases,
7 ask others for help, and build a daily routine. Making friends is also important because a supportive
8 relationship can help someone feel less lonely. Adaptation does not mean forgetting your own culture
9 or completely changing your personality. Instead, it means finding a balance between what is familiar
10 and what is new. A person can respect local customs while still enjoying traditions from home. Nature
11 also provides many examples of adaptation. Some animals have thick fur to survive cold weather, while
12 certain plants store water to survive in dry environments. These features develop over many generations
13 and help living things survive. Human adaptation, however, often involves learning new skills and
14 adjusting our expectations. For instance, someone who begins working from home may need to create
15 a quiet workspace and manage their time more carefully. The key is to accept that progress takes time.
16 Mistakes are a normal part of learning, and difficulties do not mean we have failed. By staying curious,
17 flexible, and willing to try again, we can gradually become more comfortable. In the end, adaptation
18 helps us face uncertainty, discover our strengths, and develop the confidence to handle future changes
19 with greater independence and a more positive attitude towards everyday challenges.
20

1 • FIND THE GIVEN WORDS

Scan the passage. Underline each word and write its line number.

- | | |
|------------------|-------------|
| 1. adaptation | Line: _____ |
| 2. challenges | Line: _____ |
| 3. abroad | Line: _____ |
| 4. groceries | Line: _____ |
| 5. routine | Line: _____ |
| 6. personality | Line: _____ |
| 7. customs | Line: _____ |
| 8. generations | Line: _____ |
| 9. workspace | Line: _____ |
| 10. independence | Line: _____ |

2 • FIND WORDS FROM CLUES

Find a word for each meaning. Use the first letter to help you.
Write the word and its line number.

- | | | |
|--|-------------|-------------|
| 1. Not known to you (u) | Word: _____ | Line: _____ |
| 2. Able to wait calmly (p) | Word: _____ | Line: _____ |
| 3. Giving help or encouragement (s) | Word: _____ | Line: _____ |
| 4. Feeling sad because you are alone (l) | Word: _____ | Line: _____ |
| 5. Stay alive (s) | Word: _____ | Line: _____ |
| 6. Hopes about what will happen (e) | Word: _____ | Line: _____ |
| 7. Improvement over time (p) | Word: _____ | Line: _____ |
| 8. Wanting to learn or know more (c) | Word: _____ | Line: _____ |
| 9. Able to change when needed (f) | Word: _____ | Line: _____ |
| 10. Slowly, over a period of time (g) | Word: _____ | Line: _____ |