1 Be the change

Vocabulary

Insight Describing qualities

1 Match the words below to statements 1–5.

commitment ■ compassion ■ creativity ■ optimism ■ tolerance

1 If I decide to do something, I always give it 100% of my time and energy. _____
2 I can accept other people for who they are even if I don't always agree with them. _____
3 I care deeply about people and animals when they are suffering. _____
4 I have a lot of great ideas. _____
5 I usually expect things to work out well. _____

Insight Synonyms

2 Complete the text with the words below. Use each word only once.

benefits ■ defeated ■ get over ■ innovative ■ obstacles ■ overcome



Paint your dreams!

From a young age, Jeremy Sicile-Kira had communication problems. After being told he was autistic, neither Jeremy, his parents nor his teachers allowed themselves to be [1] _____ by this diagnosis. At the age of 13, his mum gave him a keyboard to help him [2] _____ those communication problems. Jeremy noticed the [3] _____ immediately and for the first time he could express his voice.

When he was younger, Jeremy had a series of dreams in which he was painting people's emotions as colours. His mother encouraged him to paint his dreams and he has never stopped. His style of painting is very [4] _____ and he is a visionary artist. In 2016, he held his first art show. It was a huge success.

He is an autism advocate and a United Nations youth representative for the Autism Research Institute. He has also written a book with his mum. According to Jeremy, determination and hope can help you [5] _____ life's [6] _____ and challenges. What do you think?

Vocabulary extra Role models

3 Choose the correct words to complete the sentences.

beliefs ■ motivations ■ principles

1 a I don't have the same political _____ as my friends, so we have some interesting discussions!
b I won't compromise my _____ by doing your coursework for you. Sorry.

admiration ■ cause ■ dedication

2 a I have great _____ for anyone who can do that type of work.
b The team's continuing success was a reflection of their great _____ to training.

causes ■ icons ■ role models

3 a Who are your top two music _____? Mine are David Bowie and the Beatles.
b Young people need good _____ – anyone from teachers to sports stars.

4 Complete the text with the words below. There is one word that you do not need.

causes ■ commitment ■ creativity ■ determination ■ obstacles ■ optimism ■ overcome ■ role models

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Ben Rosser used to work in the police force. In 2014, he formed The Pythian Club in Nottingham. Ben and his team work with young people to address the [1] _____ of youth violence, and encourage them to build their confidence through sports, arts, music, education and employment programmes.

He wants young people to feel empowered and the club provides support to help young people [2] _____ any [3] _____ in their lives. Ben and his team have become the [4] _____ these young people need to make changes.

Ben's [5] _____ to make a difference is evident; he is a passionate public speaker and travels around the UK delivering important and life-changing messages. His [6] _____ to young people is clear for all to see as he continues to make positive changes in their lives and communities.

The young people in The Pythian Club are full of [7] _____ about their future now, and so are Ben and his team.

5 TASK Write about an obstacle in your life that you have successfully overcome. What was it? When did it happen? How did you manage to overcome it? What qualities did you need to do this?

LIVEWORKSHEETS