

30-day Challenge - Answers & Teacher's Notes

NOTE: This lesson is based on TED presentation by Matt Cutts. Here are the links to the video:

http://www.ted.com/talks/matt_cutts_try_something_new_for_30_days.html

<http://www.youtube.com/watch?v=JnfBXjWm7hc>

Activity 1.
INDIVIDUALLY > WHOLE GROUP

Activity 2.
PAIRS or SMALL GROUPS

Activity 3.
INDIVIDUALLY

Activity 4.
INDIVIDUALLY

Activity 5.
INDIVIDUALLY or PAIRS

Activity 6.
INDIVIDUALLY

Activity 7.
PAIRS or SMALL GROUPS

NOTE: Play the video

1.
He was inspired by an American philosopher.
He wanted to enrich his life.
2.
He became more confident.
His life got more adventurous.
He learnt how to change habits.

1. a geek
2. a nerd

NOTE: Play the video again

1. **I was stuck in a rut** = I had a boring life, in which nothing ever changed / **to follow in the footsteps of the great American philosopher** = to do the same thing as the the great American philosopher
2. **flying by** = passing by quickly / **memorable** - special, good or unusual and therefore worth remembering or easy to remember
3. **sleep-deprived** = not having enough sleep
4. **sustainable changes** = changes that can last for a long time / **to stick** = to become permanent
5. **give it a shot** = try to do it

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|-----------------|------------------|
| 1. memorable | 9. approachable |
| 2. sustainable | 10. controllable |
| 3. acceptable | 11. predictable |
| 4. lovable | 12. recyclable |
| 5. reliable | 13. unspeakable |
| 6. avoidable | 14. valuable |
| 7. measurable | 15. laughable |
| 8. unachievable | |