

# 30-day Challenge

Language Function:	<b>discussing issues - listening</b>
Vocabulary /Topic:	<b>adjectives describing LIFE - socially inept people - adjectives ending with -able -</b>

<input type="checkbox"/>	pre-intermediate
<input type="checkbox"/>	intermediate
<input checked="" type="checkbox"/>	upper-intermediate
<input type="checkbox"/>	advanced

## focus on talking

**1**

Which adjectives could you use to describe your life? Why? Explain your choices.

- |               |               |             |
|---------------|---------------|-------------|
| ▶ adventurous | ▶ full        | ▶ miserable |
| ▶ boring      | ▶ good        | ▶ ordinary  |
| ▶ busy        | ▶ happy       | ▶ peaceful  |
| ▶ complicated | ▶ hard        | ▶ quiet     |
| ▶ easy        | ▶ healthy     | ▶ sad       |
| ▶ exciting    | ▶ hectic      | ▶ stable    |
| ▶ fulfilling  | ▶ interesting | ▶ stressful |



**2**

Discuss these questions in pairs or small groups.

- Have you ever done anything unusual or eccentric in your life? If yes, what was it?
- If not, would you like to do something unconventional? What would it be?

**focus on listening****3**

Listen to Matt Cutts trying to encourage his audience to start something they've always wanted to do. Answer the questions. Select all the answers that you think are correct.



Click the view icon to watch the video on the lesson listing page at [www.englishlesson.info](http://www.englishlesson.info)

**Matt Cutts** is an engineer at Google, where he fights linkspam and helps webmasters understand how search works.

**1. Why did Matt Cutts decide to try something new for 30 days?**

- He was inspired by an American philosopher.
- He wanted to impress other people.
- He wanted to get on the news.
- He wanted to enrich his life.

**2. How did the speaker's 30-day challenge change him?**

- He became more confident.
- He became a computer nerd.
- His life got more adventurous.
- He became a great novelist.
- He learnt how to change habits.

## BACKGROUND NOTES:

**Morgan Spurlock** - is an American documentary filmmaker, humorist, television producer, screenwriter and political activist, best known for the documentary film *Super Size Me*.

**John Hodgman** - is an American author, actor, and humorist, appeared in Apple commercials as PC.

**focus on vocabulary: socially inept people****4**

Matt Cutts says he “went from a desk-dwelling computer nerd to the kind of guy who bikes to work - for fun”. Look at the definitions of four socially inept people and answer the questions that follow.

**dork** - a stupid or boring person that other people laugh at, and who is obsessively interested in odd things

**dweeb** - an intellectual person, especially a boy or a man, who doesn't have good social skills and is devoid of passion

**geek** - a clever person who is boring, wears clothes that are not fashionable and does not know how to behave in social situations

**nerd** - a socially inept person who is clever and obsessive about their interests

1. Who is more intelligent: a dork or a geek?

2. Who would you expect to be obsessed with something, e.g. computers: a dweeb or a nerd?

**5**

Explain the underlined words and expressions from the talk.

1. A few years ago, I felt like I was stuck in a rut, so I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try something new for 30 days.
2. ... instead of the months flying by, forgotten, the time was much more memorable ...
3. You might be sleep-deprived, but you'll finish your novel.
4. I learned that when I made small, sustainable changes, things I could keep doing, they were more likely to stick.
5. ... so why not think about something you have always wanted to try and give it a shot for the next 30 days ...

**focus on vocabulary: adjectives ending with - able**

**6**

Write the adjectives for the definitions. All of them contain suffix - *able*.

1. something that is easy to remember or worth remembering .....
2. something that can be sustained .....
3. something that is good enough to be accepted .....
4. somebody that is easy to love, having qualities that people find attractive .....
5. someone or something that can be relied on to do what you want or need .....
6. something that can be avoided .....
7. something that can be measured .....
8. something that cannot be achieved .....
9. someone that is friendly and easy to talk to .....
10. something or someone that can be controlled .....
11. something that can be predicted .....
12. something that can be recycled .....
13. something that cannot be described in words, usually because it is so bad .....
14. something that is worth a lot of money .....
15. silly or ridiculous, and not worth taking seriously .....

**focus on talking**

**7**

Discuss these questions in pairs or small groups.

- Do you think trying something new for 30 days would be a good idea? Why yes, or why not?
- What would you try to do if you took up the 30-day challenge?