

Tekst 10

- 2p 29 Deze tekst gaat over de voordelen van nieuwe dingen uitproberen. De kopjes bij alinea's 1 tot en met 3 ontbreken.
→ Bepaal voor alinea 1 tot en met 3 welk kopje daar het best past.
Noteer achter elk nummer in de uitwerkbijlage de letter van het kopje.

Kies uit

- a Be brave
- b Make friends
- c Move on
- d Try new food

Let op: er blijft één kopje over!

Oh, Go On Then

Say yes to new things and shake up your routine. By pushing past your comfort zone you can open up a world of possibilities. If you're looking for motivation to try something new, here are a few things to think about:

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- 1 Throughout your life, you may say "no" to something and later regret your decision. Missing opportunities can feel like you've let yourself down. Remember it's rarely too late to learn something new and rather than dwelling on a past decision, why not make a promise to say yes the next time an exciting opportunity comes your way?
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- 2 Trying new things increases confidence and builds self-esteem. Saying yes to one opportunity usually motivates you to say yes more often, opening your life to new adventures. Courage and confidence are wonderful attributes to have. They inspire others and make you feel good.
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- 3 Probably the best thing about trying new things is finding you enjoy them. Life is a joy if you spend it doing the things you love with the people who lift you. So why not actively try to meet new interesting people and discover stimulating activities?

bewerking van *Breathe Magazine*

- 1p 30 Een aantal mensen geeft hieronder tips over het uitproberen van nieuwe dingen.
Wie zegt dat je dingen moet kiezen die haalbaar zijn?
- A Liam
 - B Hannah
 - C Francis
 - D Mark

Make a list at the same time each year. I like to make my lists every year on my birthday. It's a nice tradition and it gets me excited about the coming year. Maybe you'd like to do it on New Year's Day or the first day of school?

Liam, Dudley

Ask your friends for help. This serves three purposes. One: Your friends will come up with all sorts of good ideas you never would have thought of. Two: It makes you more likely to actually do those things. Three: It gives your friends an opportunity to suggest things they've been wanting to try and now you can do them together!

Hannah, London

Your "new things list" is not your bucket list. Walking along the great wall of China might be a new thing, but it would probably take months (or years!) of saving and planning. New things should be relatively easy and do-able. Once-in-a-lifetime experiences are lovely and important, but realistic new things are, too.

Francis, Dublin

My hobbies are reading, watching movies and eating. At first when I tried to do new things I tried new books, movies, and food. I thought I was doing new things, but actually I was doing more of the same. So, for example, if you're a gym bunny, resist the urge to only try new physical challenges.

Mark, Portpatrick