



### Let's think!

1. Is there someone you feel grateful towards?
2. How do you thank them?

### PLAYLIST



### READ ALONG



## Taking on the '21-day Appreciation Challenge'

Clara Jones

**1** Every year on the 21<sup>st</sup> of September, people around the world come together to observe World Gratitude Day. This year, we were encouraged by Miss Chan, our class teacher, to take on the '21-Day Appreciation Challenge'. My mindset has transformed greatly as a result.

**2** Over the past 21 days, our class was asked to be mindful of the positive things around us and to actively express gratitude. Initially, I was sceptical about how this exercise would actually impact my life. However, I have come to realise that this challenge has given me a great opportunity to reflect on my relationships with others.

**3** First and foremost, I consider myself incredibly fortunate to have the most caring parents imaginable. Their nurturing has instilled discipline in me through love and support. In the past, whenever my parents told me to clean up my room, I would roll my eyes, thinking they were like a broken record. However, since the challenge started, I have consciously spent more time chatting with them, helping them with chores, and expressing my appreciation for every little thing they did for me. As a result, I feel that we have grown closer.



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4 In addition, I have developed a greater appreciation for the possessions I own. Although I have never been wasteful, I used to take for granted the value of the things I already had. After watching a documentary about the impoverished living conditions in underdeveloped countries, I tried to place myself in their shoes. Since then, I have learnt to appreciate my blessings.

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5 I am also grateful to my S1 class teacher, Mr Lee, who has provided me with tremendous support during my transition last year. He helped me navigate the new environment and encouraged me to forge new friendships. I expressed my deep appreciation to Mr Lee by writing a thank-you card that said, 'Thank you for inspiring me and making a positive impact on my life.' When I handed him the card, it felt as if an unspoken bond formed between us.

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6 Besides Mr Lee, I am truly thankful for my buddies. They are the ones who add colour and fun to my life. Also, I am particularly appreciative of friends who support me in my studies. For example, when I was struggling in maths, my buddy Michelle, who is a maths whizz, offered to tutor me. Thanks to her help, I was able to ace my exam. I know that I can always count on her unwavering support, and for that, I am extremely grateful.

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7 Our busy and hectic lives can sometimes make us overlook the simple things that we should cherish. We also often underestimate the value of the things that we have.

However, through the '21-Day Appreciation Challenge', I have the opportunity to reflect on everything that I should be grateful for. The challenge has been a transformational

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experience for me. It has brought more happiness into my life and helped me understand the importance of gratitude. I am now more

optimistic and cheerful, and I owe Miss Chan a heartfelt thank-you for facilitating this positive change!

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~500 words



### Looking into Grammar

We can use the **passive voice** to focus on an action and leave out the 'doer' of the action when it is **unimportant, unknown or obvious**.

✓ ... our class **was asked** to be mindful of the positive things around us ... (The 'doer' is obvious.)

? Underline a sentence using the passive voice in paragraph 1.

Read the text and answer questions 1–13. For multiple-choice questions, choose the best answer and blacken ONE circle only. (29 marks)

1. Read paragraphs 1–2. Determine whether the following statements are True (T), False (F) or Not Given (NG).

	T	F	NG
(i) The challenge took place in September.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) The challenge lasted for three weeks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) The challenge had no impact on Clara.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) Clara’s classmates doubted if the challenge would be useful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Which definition of ‘reflect’ is closest to the meaning used in line 13?

- A. to show a sign of something
- B. to think deeply about something
- C. to show the image of something
- D. to show a quality or characteristic

- A B C D

3. Before the challenge, how did Clara feel when her parents told her to clean the room?

- A. delighted
- B. nervous
- C. annoyed
- D. disappointed

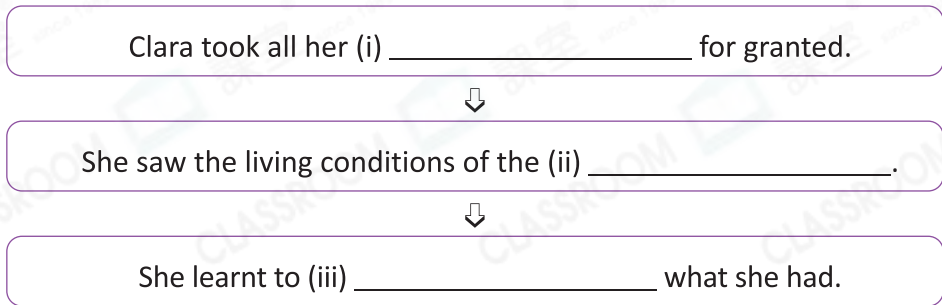
- A B C D

4. Explain why Clara compared her parents to ‘a broken record’ (lines 19–20).

It means that Clara’s parents often \_\_\_\_\_ what they say.

4 What does ‘whenever’ (line 18) suggest?

5. Complete the flow chart below by filling in each blank with ONE word taken from paragraph 4.



6. Find a phrase in paragraph 4 which shows that Clara tried to understand the situation of the people in the documentary.

6 What did Clara do after watching the documentary?

\_\_\_\_\_

7. What does ‘the transition’ (line 32) mean?

\_\_\_\_\_

8. How did Clara express gratitude to her class teacher?

\_\_\_\_\_

9. Based on paragraph 6, list TWO reasons why Clara is thankful for her friends.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

10. Why did Clara say 'We also often underestimate the value of the things that we have' (line 42)? Fill in each blank with ONE word taken from paragraph 7.

Clara thought that sometimes we are so preoccupied with our (i) \_\_\_\_\_ schedule that we fail to notice the (ii) \_\_\_\_\_ of small and meaningful things that we (iii) \_\_\_\_\_.

11. Read paragraph 7. Complete Clara's reason for thanking Miss Chan by writing ONE word to fill in each blank. Make sure your answers are grammatically correct.

Clara thanks Miss Chan for (i) \_\_\_\_\_ the '21-day Appreciation Challenge', which has (ii) \_\_\_\_\_ her and enabled her to see things from a / an (iii) \_\_\_\_\_ perspective.

12. Look for words in the text to match the following definitions.

(i) \_\_\_\_\_ (para. 3) (*n.*) household tasks

(ii) \_\_\_\_\_ (para. 5) (*v.*) to develop something

(iii) \_\_\_\_\_ (para. 6) (*v.*) to do very well

(iv) \_\_\_\_\_ (para. 7) (*adj.*) sincere

13. Below is a summary of Clara's personal recount. Underline the mistake in each line and replace the word with ONE word that expresses the correct idea. Write the word in the space on the right. The first one has been done for you.

e.g. Clara's class teacher invited her students to <u>design</u> a challenge.	join
(i) Clara had to show appreciation secretly, so she tried to do this	
(ii) by spending more time with her friends. She was thankful towards	
(iii) Michelle, who helped her in maths when she was acing in it.	
(iv) She thanked her buddies for helping her to be a better person.	

# Vocabulary

## GLOSSARY



A. Complete the self-help guide below with the given words. Make sure your answers are grammatically correct.

**Adjective:** fortunate heartfelt mindful **Phrasal verb:** reflect on take on

**Noun:** appreciation gratitude

**Verb:** cherish forge struggle

Fighting against depression



There are so many challenges that we have to (1) \_\_\_\_\_ in our lives, and more and more people (2) \_\_\_\_\_ with depression. Learning to combat depression is essential, and here are some practical suggestions for you:

### Spend quality time with loved ones

Connecting with friends and family can be a powerful cure for depression. Be (3) \_\_\_\_\_ that they always love you. Don't underestimate their (4) \_\_\_\_\_ support during your times of need. Reach out and share your problems with them.

### Express your emotions

Take a moment to write down your experiences and emotions. Be honest as you (5) \_\_\_\_\_ them. This practice can help you to uncover the root causes of your depression.

### Discover the joy of volunteering

Doing volunteer work has been proven to boost mental health. When you work with people in need, you may realise how (6) \_\_\_\_\_ you are. Volunteering with other people can also help you to (7) \_\_\_\_\_ new friendships and break free of your depression.

### Show your (8) \_\_\_\_\_

Appreciate the people that you meet and the things that happen to you. (9) \_\_\_\_\_ your loved ones and the positive moments you have had. Write notes of (10) \_\_\_\_\_ to the people who have helped you. This reminds you that you are always loved and supported by others.

B. Complete the following gratitude cards with the given words. Make sure your answers are grammatically correct.

### Expressing gratitude

encounter

flourish

instil

instrumental

lean on

mould

selflessness

unwavering

THEME



Dear Mum and Dad,

I want to express my deepest gratitude for everything you have done for me. From the moment I was born, you have always been there to give me

(1) \_\_\_\_\_ support, which has been (2) \_\_\_\_\_ to my growth as a person. Your wisdom has (3) \_\_\_\_\_ me into the person I am today, and (4) \_\_\_\_\_ important values in me.

You have always put my needs before your own. I am so grateful for this

(5) \_\_\_\_\_. Your love has allowed me to (6) \_\_\_\_\_ and grow.

With all my love and appreciation,

Jessica

*Thank you*

Dear Rebecca,

You have brought warmth to every situation, making every (7) \_\_\_\_\_ with you a true gift. When I face difficulties, you have stood by my side, giving me a shoulder to (8) \_\_\_\_\_.

Thank you for believing in me when I doubted myself, and for filling my life with so much love and laughter.

With heartfelt appreciation,

Jessica

## Writing

### The person you are most grateful to

Write an article about someone who has helped you and the experiences that you shared together.

Write about 180 words.