



## Key Vocabulary

- adversity
- cancel
- rescue
- encourage
- brave
- courageous
- diminish
- procrastination
- insomnia
- insist
- critical
- essential
- temper
- discourage
- perfectionist
- request

## Key Idioms and Slang

- pitch black
- happy medium
- bite your tongue
- tell someone off

## Communication Goals

- Describe a dangerous or challenging experience
- Express frustration, empathy and encouragement
- Describe your shortcomings
- Describe your values

## Conversation Starters

- Have you ever been in a dangerous situation? What was it?
- What do you do when you get frustrated with a problem?
- What do you think is a good way to handle stress?
- What sometimes causes stress for you?
- Have you ever had a problem with insomnia? What did you do about it?

## Learning Tools - Song

- What Doesn't Kill You - Kelly Clarkson

## Learning Tools - Movie

- 127 Hours - James Franco

## Learning Tools - Website

- 16 Personalities  
[16personalities.com](http://16personalities.com)

