



“Some activities feel familiar, and I know exactly how to do them.”



“But sometimes I get the chance to try something new.”



“Trying new things can make me feel excited.”



“Trying new things can also make me feel nervous or unsure.”



“All these feelings are normal.”



“When I try something new, I learn more about myself.”



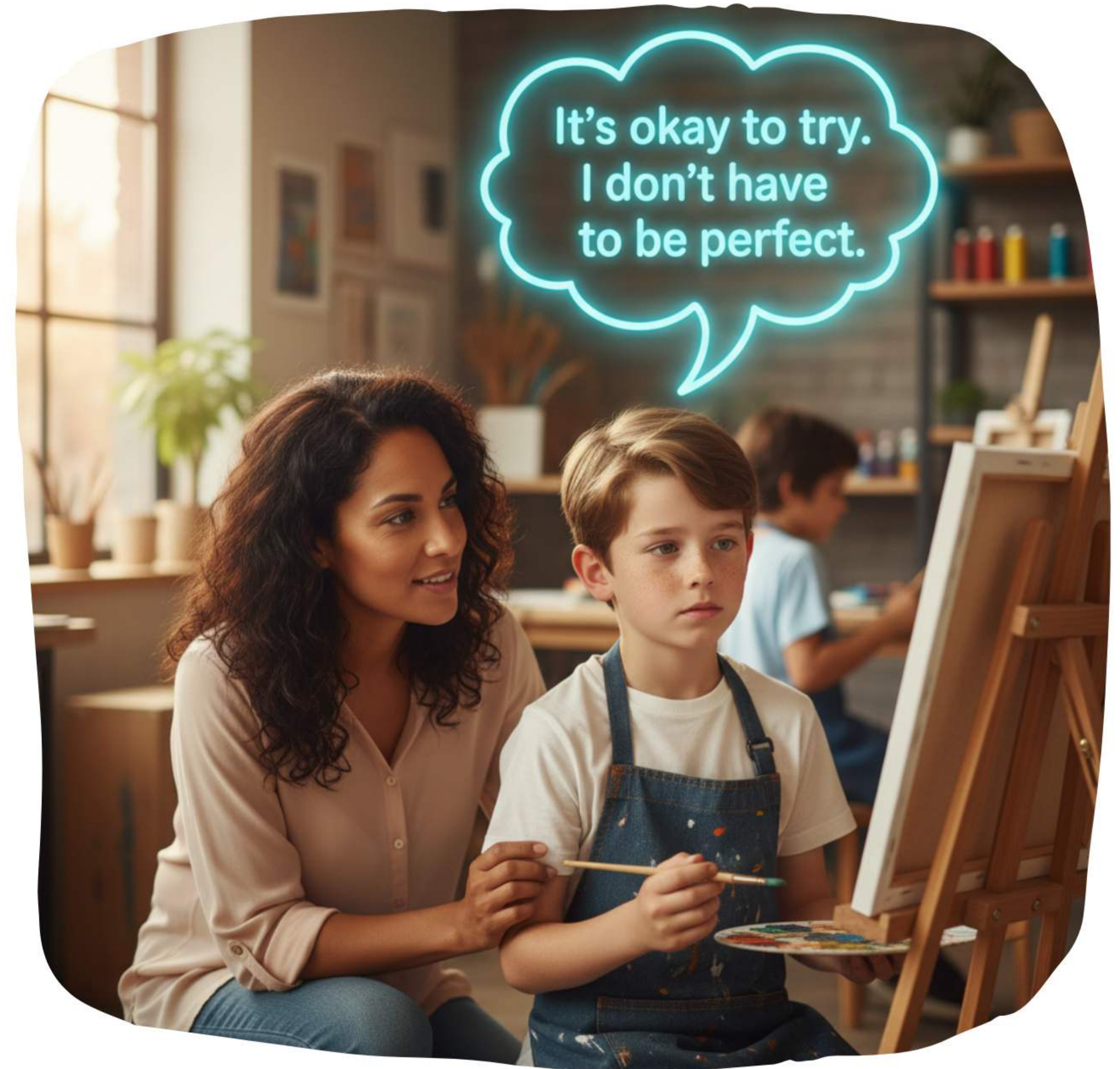
“I can start slowly and take my time.”



“I can ask someone to show me how to begin.”



“If the new activity feels tricky, I can take a deep breath.”



“I can remind myself, ‘It’s okay to try. I don’t have to be perfect.’”



“Every time I try something new, I learn a little more.”



“If I don’t like the activity, that’s okay—I can choose something else.”



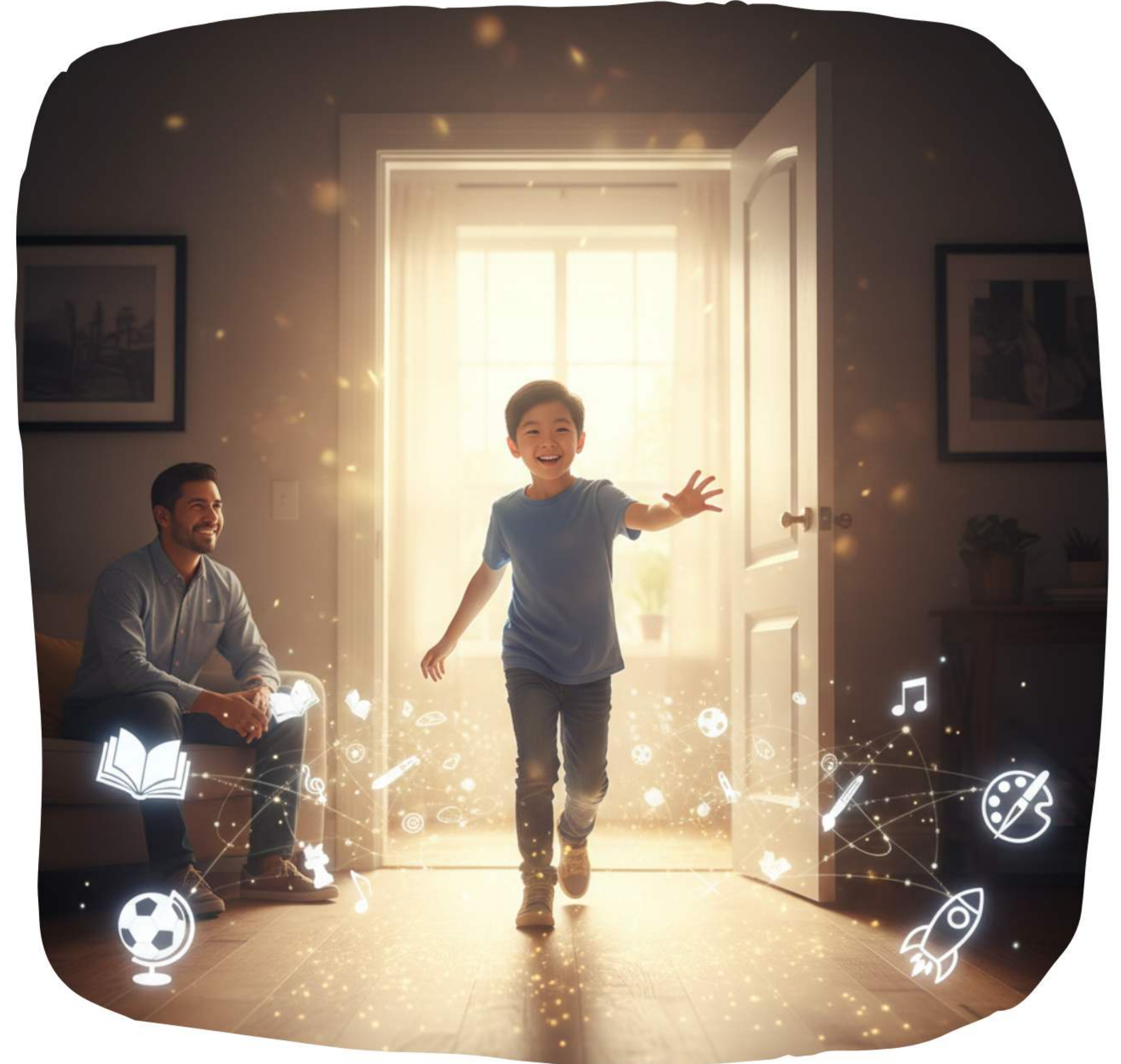
“If I enjoy it, I can keep practicing and get better.”



“Trying new things helps me grow brave and confident.”



“People around me are proud of me when I explore something new.”



“When I try new activities, I open the door to new joys, skills, and possibilities.”



Vocabulary

- Familiar

A: Something I already know well. (Correct)

B: Something I've never seen before.

- Curious

A: Wanting to learn or try something new. (Correct)

B: Feeling sleepy and tired.

- Nervous

A: Feeling unsure or a little scared. (Correct)

B: Feeling excited only.

- Explore

A: To check out and learn about something new.
(Correct)

B: To avoid new activities.

- Possibilities

A: New things that can happen or be discovered. (Correct)

B: Things that are impossible to do.



Spellings

A: Niew

B: New (Correct)

A: Try (Correct)

B: Trie

A: Activite

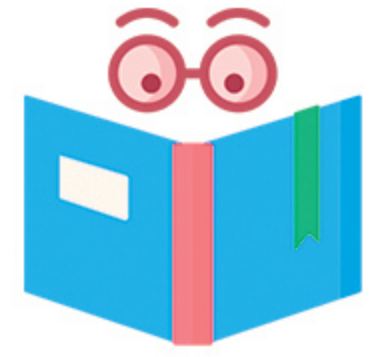
B: Activity (Correct)

A: Brave (Correct)

B: Braive

A: Lurn

B: Learn (Correct)



Comprehension

- How might I feel when trying something new?
A: Excited or nervous—and both are normal. (Correct)
B: Only scared.

- What can I do if a new activity feels tricky?
A: Take a deep breath. (Correct)
B: Quit immediately.

- What can I remind myself when I try something new?
A: “It’s okay to try. I don’t have to be perfect.”
(Correct)
B: “I must do it perfectly the first time.”

- Is it okay if I don’t like a new activity?
A: Yes, I can stop and try something else. (Correct)
B: No, I must keep doing it no matter what.

- What happens if I enjoy the new activity?
A: I can keep practicing and get better. (Correct)
B: I should stop doing it.



Open-Ended Questions

- What new activity would you like to try next?

- How do you feel when you begin something you’ve never done before?

- Who helps you feel brave when trying something new?

- What new activity have you tried recently, and how did it go?

Role-Play Activity

- **Scenario 1**

You're trying a new game for the first time. → Practice saying, "I'll give it a try."

- **Scenario 2**

You feel nervous about a new activity. → Practice taking slow deep breaths.

- **Scenario 3**

You tried something and didn't enjoy it. → Practice saying, "That's okay. I can try something different."

- **Scenario 4**

You enjoyed a new activity. → Practice telling an adult, "I liked that! Can I try it again?"