

COMMUNICATION

# Extreme experiences

**LEVEL**

Intermediate (B1)

**NUMBER**

EN\_B1\_2041X

**LANGUAGE**

English

## Learning outcomes

- I can recognise and recall a variety of vocabulary related to extreme experiences.
- I can distinguish between adjectives that end in '-ing' and '-ed' and use them to describe a thrilling experience I've had.



# Warm-up

Describe the **photos** below and **discuss the questions** in the yellow box.



What are the people in the photos doing?

How do you think they are feeling?



# Reading

Read this introduction from an article about extreme experiences, then complete the boxes below.

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## Extreme experiences

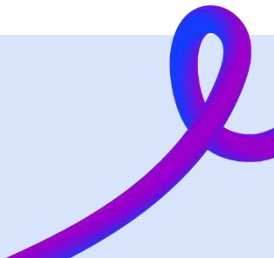
For many people, simply watching a horror film or riding a rollercoaster is a terrifying experience, while others actively seek more extreme thrills just for the fun of it!

We asked our readers to share some of their thrilling experiences – read on to find out about a slightly unusual way to relax, and why the scariest thing about sky-diving is not what you might expect...

Is there any unfamiliar vocabulary in the text? Discuss with your teacher and classmates.

What are some typical activities that people do to relax?

What do you think the scariest thing about sky-diving is?



# Reading

Read about Elliot's experience and answer the questions below.

***Elliot (34), remembers the first time he tried sky-diving...***

The whole time in the plane, I was terrified. My stomach was in knots and I thought: why am I doing this?! But then we jumped, and the fear just disappeared. You're living fully in the moment. You don't have time to think!

I've done it five times now and each time has been more amazing than the last. And, of course, it's so satisfying to know that you've tested your limits and come out safe on the other side!



What physical sensation does Elliot mention?

How many times has Elliot gone sky-diving?

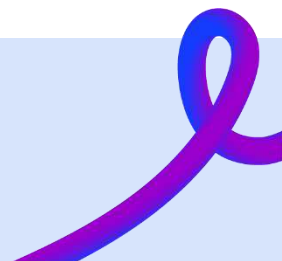
Why does Elliot find sky-diving satisfying?



**My stomach was in knots the whole time on the plane!**

Have you ever experienced a feeling like this?

Is there a similar phrase in your language?



# Reading

Read about Jane's experience and answer the questions below.

## *Jane (25), is a fan of ice-swimming...*

I was first introduced to ice-swimming while studying in Finland three years ago. It might sound strange, but I find it really relaxing. After the initial shock, you get this warm, tingly feeling throughout your body. I calm down and stop thinking for a while. For me, it's like a form of meditation.

People are often surprised when I tell them about the health benefits – for example, if you do it regularly, it's great for the immune system and it also helps to reduce stress!



When did Jane start ice-swimming?

What activity does Jane compare ice-swimming to?

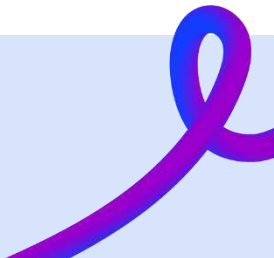
Why are people surprised when Jane talks about her hobby?



I get this warm, **tingly** feeling throughout my body.

A **tingly** feeling is a physical feeling – it's like lots of tiny, sharp points are pressing into your body.

Have you ever experienced this feeling after swimming in very cold water? Do you think it sounds pleasant or unpleasant?





# Reflect on the texts

**Was any of the information in the texts surprising to you?**

**Have you ever tried any of these activities?**

**If not, would you like to?**



# Collocation practice

Match a verb on the left to the correct word or phrase on the right. Choose one of the collocations and build a sentence.

1 to ride

2 to seek

3 to live

4 to test

5 to calm

a a thrill

b in the moment

c down

d a rollercoaster

e your limits

# Categorise the adjectives

**Categorise** the adjectives that Elliot and Jane use to describe their experiences. Are they positive or negative? Can any be both?

1 *The whole time in the plane, I was **terrified**.*

2 *Each time I've gone sky-diving has been more **amazing** than the last.*

3 *It's so **satisfying** to know that you've tested your limits and come out safe on the other side!*

4 *It might sound strange, but I find ice-swimming really **relaxing**.*

5 *People are often **surprised** when I tell them about the health benefits of ice-swimming.*

**Positive**

**Negative**

# Adjectives ending in *-ed* and *-ing*

Read the example sentences below and complete the blue boxes.

For many people, simply watching a horror film or riding a rollercoaster is a **terrifying** experience.

The whole time in the plane, I was **terrified**.

- Which adjective above refers to a situation?
- Which adjective above refers to the way someone feels?

- We use adjectives ending in \_\_\_\_\_ to describe **a situation or experience that causes a feeling.**
- We use adjectives ending in \_\_\_\_\_ to describe **how a person feels.**

# Practise adjectives ending in *-ing* and *-ed*

1 I tried mountain-biking for the first time last year. It was such a \_\_\_\_\_ experience.

a. thrilled

b. thrilling

2 It's very \_\_\_\_\_ to test your limits by doing something that scares you.

a. satisfied

b. satisfying

3 I'm always \_\_\_\_\_ when I watch videos of competitive cliff-divers. They must be crazy!

a. amazed

b. amazing

When you sky-dive, **you're living fully in the moment.**



What does it mean **to live in the moment?**  
Have you heard this phrase before?



# Extreme experiences

Complete this activity **in breakout rooms** or **in the main classroom**.

If using breakout rooms, **decide** afterwards as a class – who has had the most extreme experience?

**Describe a thrilling experience you've had...**

**...and use as many adjectives ending in -ed/-ing as possible!**



# Time to talk!

**Discuss** the questions below.



- Are you somebody who finds rollercoasters terrifying?
- What was the last horror film you watched?
- Are there any places near you where you can do extreme sports or activities?
- Do you know anyone who seeks thrills?
- What do you do when you want to calm down?
- Can you think of a time when you were living fully in the moment? What were you doing?
- When was the last time you tested your limits?





# End of the lesson

Idiom

***Throw caution to the wind***

**Meaning:** to take a risk

**Example:** He threw caution to the wind and got on the horse, even though he'd never been horse-riding before.



# Additional practice



# Match the phrases to the pictures

Match the adjective to the correct picture. Does the adjective refer to a situation or how a person feels?

1



2



a annoyed

b annoying

3



4



c excited

d exciting

5



6



e terrified

f terrifying



# Extreme activities

**Would you try the activities below? Choose one and tell your classmates why you would or wouldn't try it.**



mountain biking



ski jumping



kitesurfing



dog sledding



# Fill in the gaps

1 I went mountain biking for the first time yesterday and my \_\_\_\_\_ was in knots!

a. heart

b. brain

c. stomach

d. mouth

2 I'm trying to live \_\_\_\_\_ the moment and say yes to new things.

a. on

b. in

c. with

d. to

3 I watched a really scary film last night and I had to have a cup of tea after it to \_\_\_\_\_ down.

a. chill

b. relax

c. calm

d. rest



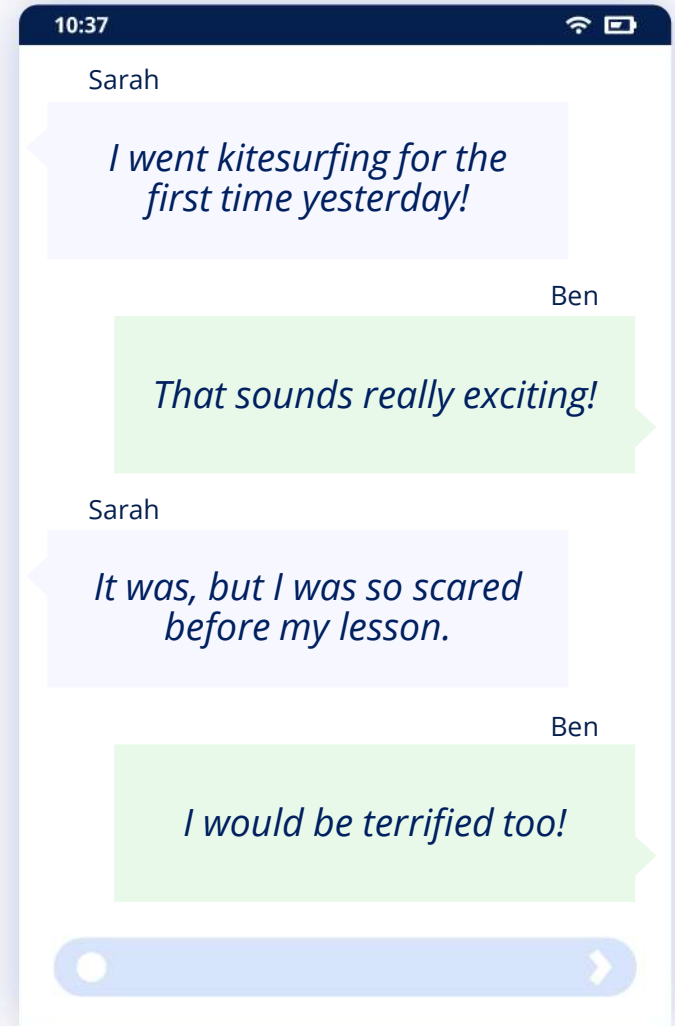
# Texting

Write a text message exchange with a classmate in the chat about an extreme activity that you tried.

**Choose one of the activities on slide 20.**

Imagine you did that activity and now you're messaging your friend about it.

Use *-ed* and *-ing* adjectives to describe the activity and how you felt.





# Answer key

**P.5:**

1. He says that his stomach was in knots
2. five times
3. you do something scary/challenging/terrifying (test your limits) and are OK afterwards (come out safe on the other side)

**P.7:**

1. Jane started ice-swimming when she was studying in Finland three years ago
2. meditation
3. People are surprised to hear about the health benefits

**P.10:**

1. (d) 2. (a) 3. (b) 4. (e) 5. (c)





# Answer key

**P. 11:**

Positive: 2, 3, 4

Negative: 1

Both: 5

**P.12:** 1. terrifying 2. terrified 3. -ing 4. -ed

**P.13:** 1. (b) 2. (b) 3. (a)

**Additional practice:**

**P.20:** 1. (f) 2. (c) 3. (b) 4. (e) 5. (a) 6. (d)

**P.22:** 1. (c) 2. (b) 3. (c)





# Summary

## Talking about extreme experiences

- to seek thrills; to live in the moment; to test your limits
- Real life language: *My stomach was in knots*

## Adjectives ending in **-ed** and **-ing**

- We use adjectives ending in **-ing** to describe **a situation or experience that causes a feeling.**
- We use adjectives ending in **-ed** to describe **how a person feels.**



# Vocabulary

to ride a rollercoaster

to seek thrills

sky-diving

My stomach was in knots

to live in the moment

to test your limits

tingly

to calm down

terrified/terrifying

amazed/amazing

satisfied/satisfying

thrilled/thrilling

surprised/surprising

