

# TAKEHOME

8th - 14th  
December



**How might  
challenges  
help us  
grow?**



## In the news this week

An adventurer named Darren Edwards, who is paralysed from the chest down, is preparing to travel 137 miles across Antarctica using a sit-ski. If he succeeds, he will break the world record for the longest sit-ski journey to the South Pole. Darren hopes his challenge will raise money for charity and show that his injury does not limit what he can achieve.

### Things to talk about at home ...

- > How do you think Darren will feel at each stage of his challenge (before, during, and after)?
- > What kinds of challenges do you think can help you grow the most – something physical, emotional, or trying something new?
- > Can you recall a challenge you have set yourself and achieved? Ask others at home about their experiences.

**Please note any interesting thoughts or comments**

Share your thoughts and read the opinions of others

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