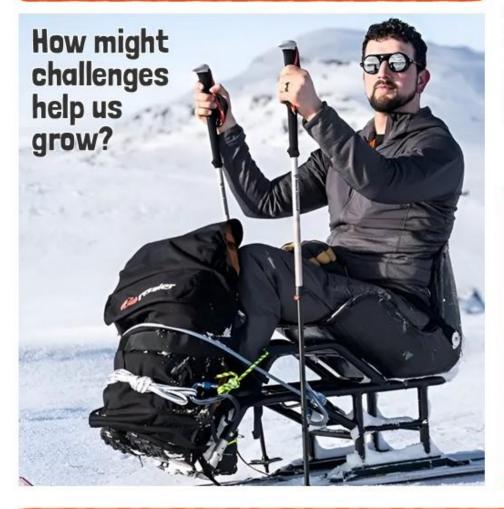
TAKEHOME Sth - 14th Documber



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







