

## Lesson: Self / Social – Are you experienced?

**Level:** Elementary and above

**Age:** Secondary / Adult

**Time:** 30 minutes

**Language objectives:** to read and understand a list of life experiences by taking a questionnaire

**Key life skills:** self-awareness, challenging stereotypes

**Materials:** one copy of the worksheet per student with the 'What it means' section cut off as indicated



Teacher's notes

### Procedure

1. Tell the students that they are going to answer a questionnaire to find out how experienced they are.
2. Give each student in the class a copy of the worksheet without the 'What it means' section. Ask them to read the list of life experiences on their worksheet and for each one which is true for them, they should circle the number next to it.
3. When they have done that, ask them to add up their total score.
4. Give the 'What it means' section to each student in the class and ask them to read the comment corresponding to their score.

### Option

Ask the students to do the activity in pairs and to ask one another the questions.

For example:

*Have you ever cried with happiness?*

They then add up their partner's score and read out the corresponding comment on the 'What it means' section.

### Follow-up

Ask the students to add their own ideas of what makes an experienced person.



## Lesson: Self / Social – Are you experienced?

*Is every day full of new things to try or have you done it all?  
Here's a list of life experiences – all you have to do is add up  
your points and see how you measure up.*

You've visited the following continents:

- |               |                 |                    |                   |                     |
|---------------|-----------------|--------------------|-------------------|---------------------|
| <b>2</b> Asia | <b>2</b> Africa | <b>2</b> Australia | <b>1</b> Americas | <b>3</b> Antarctica |
|---------------|-----------------|--------------------|-------------------|---------------------|
- 2** You've cried with happiness.
  - 1** You've cried at a film.
  - 4** You've cried at a funeral.
  - 5** You've bought flowers for yourself.
  - 3** You've bought your parents a meal.
  - 4** You've cooked your parents a meal.
  - 3** You've been to the cinema alone.
  - 2** You've admitted that you snore.
  - 2** You've been to the opera.
  - 2** You've hitchhiked in a foreign country.
  - 5** You have at least one close friend of the opposite sex.
  - 2** You've changed a baby's nappy.
  - 2** You've broken a bone.
  - 2** You've had stitches.
  - 1** You've served an ace.
  - 3** You've written a romantic letter.
  - 2** You've apologised for something that wasn't your fault.
  - 2** You've grown a plant from a seed.
  - 2** You've used an electric drill.
  - 2** You've bought an original work of art.
  - 2** You've helped an old lady across the road.
  - 3** You've written a poem for someone.
  - 3** You've sent your food back in a restaurant.
  - 3** You've worried that your life is going nowhere.
  - 3** You are good friends with an ex-boy / girlfriend.
  - 2** You've caught a fish.
  - 2** You can use chopsticks.
  - 2** You've been on a plane alone.
  - 3** You've lived alone.
  - 3** You've given a speech in public.
  - 2** You've tried eating something you don't like.
  - 3** You've stopped smoking for good.
  - 10** You've never started smoking.
  - 5** You've thrown away all your childhood toys.
  - 3** You've changed a car tyre.
  - 1** You know how to change a plug.
  - 2** You can sew on a button.
  - 1** You've regretted having your hair cut.
  - 1** You can whistle a tune.
  - 2** You can count up to ten in three languages.
  - 2** You've found a perfume or aftershave that suits you.
  - 10** You've answered all of the above questions truthfully.

### WHAT IT MEANS

- Over 90:** Wow, amazing! You've done everything and you know everything there is to know!
- 80 to 90:** An impressive score! You've nearly done it all.
- 70 to 80:** You certainly haven't been wasting your time.
- 60 to 70:** You still have plenty of new experiences to try.
- 50 to 60:** Life must be fun for you – there's so much you haven't done yet.
- under 50:** Are you very young by any chance?

