DAILY TOPIC

PALLO!

질문에 대해 생각하고, 주어진 표현을 활용해 자유롭게 이야기해 보세요.

1. Do you visit the same restaurants or try new places?

같은 식당을 자주 가나요, 아니면 새로운 곳을 가보는 편인가요?

KEYWORDS **unfamiliar (낯선) | play it safe (안전하게 가다)**

I like to try new restaurants because the **unfamiliar** feeling is exciting.
When I am really hungry, I **play it safe** and choose something I know I'd like to eat.

2. How do you know you are out of your comfort zone?

내가 안전지대에서 벗어났다는 걸 어떻게 알 수 있나요?

KEYWORDS **hesitate (망설이다) | anxious (불안한)**

I start to **hesitate** more when I am out of my comfort zone.
Usually I have an answer for everything.
My friend gets really **anxious** in a new place and they get really quiet.

3. When was a time you were happy you stepped out of your comfort zone?

내가 안전지대에서 벗어나서 기뻤던 때는 언제였나요?

KEYWORDS **face your fears (두려움에 맞서다) | overcome (극복하다)**

Sometimes you have to **face your fears** to experience something memorable like skydiving.
To **overcome** my fear of public speaking I started to practice the speech in front of my mirror at home.

4. Is it easier to leave your comfort zone with friends or by yourself?

친구들과 함께 안전지대에서 벗어나는 것이 더 쉬운가요, 아니면 혼자 하는 것이 더 쉬운가요?

KEYWORDS **adventurous (모험심 강한) | independent (독립적인)**

With my friends I feel more **adventurous** because any new experience could be a great memory for us.
Living alone made me more **independent** and now I prefer to do things by myself rather than with friends.

5. When was a time you regretted not leaving your comfort zone?

안전지대에서 벗어나지 않은 것을 후회했던 때는 언제였나요?

KEYWORDS **feel out of place (어색하다) | overwhelmed (압도된)**

When I joined a new club I **felt out of place** until a friendly member invited me to join their chat.
I can feel **overwhelmed** when suddenly everyone's attention is put on me.

6. What is a situation that used to be uncomfortable but is better now?

예전에는 불편했지만 지금은 괜찮아진 상황은 무엇인가요?

KEYWORDS **give it a shot (시도해보다) | adjust (적응하다)**

I was too nervous to join a new club until my friend told me to **give it a shot** and that it would be worth my time.
I used to have a hard time **adjusting** to a new environment until my parents gave me some good advice.

IMPROVEMENT Feeling adverbs

Feeling adverbs don't describe how you do something, like quickly or slowly. They show how you feel about what happened, so your answers sound more natural. Try them in the Daily Topics!

WORD BANK **Pick one that matches your feeling.**

좋은 일	안 좋은 일	놀라움	생각·사실
fortunately 다행히	**unfortunately** 안타깝게도	**surprisingly** 놀랍게도	**honestly** 솔직히
luckily 운 좋게	**sadly** 슬프게도	**ironically** 아이러니하게도	**clearly** 분명히
thankfully 고맙게도	**regrettably** 유감스럽게도	**curiously** 신기하게도	**naturally** 당연히
hopefully 바라건대	**annoyingly** 짜증 나게도	**strangely** 이상하게도	**apparently** 듣자 하니

HOW TO USE **Put it at the start with a comma. The facts stay the same.**

He talked for two hours.	→	**Annoyingly, he talked for two hours. (짜증 나게도 그는 두 시간이나 떠들었어)**
Maybe there's a sale now.	→	**Hopefully, there's a sale now. (지금 세일 중이면 좋겠다)**

JOURNAL TOPIC

VOCABULARY REVIEW

멤버들과 영어로 대화하며 지난주 단어의 뜻을 복습하고, 한 표현씩 예문을 발표해보세요.

suburb	**downtown**	**outskirts**	**delinquent**

TOPIC Weird Fear

FOLLOW-UP QUESTION **Do you have a weird fear? When did you first realize you were afraid of it?**
남들은 이해하지 못하는 나만의 공포가 있나요? 언제부터 그것을 무서워한다는 걸 알았나요?

Everyone has something they are afraid of. Some people are scared of spiders, some hate heights, and others are afraid of being alone in the dark. But sometimes, people are afraid of things that are hard to understand. I'm one of them. I **have a fear of** the sound of balloons popping. It might sound strange, but I'm not afraid of ghosts at all. Horror movies don't really scare me, and I can even watch them alone at night. It's not the balloon itself that scares me. It's the sound of it popping. When a balloon gets bigger and bigger, I can't help but watch it carefully. I know it probably won't pop, but I still can't relax. Then, if it suddenly bursts, it really **catches me off guard** and I **freeze up** for a moment. The funny thing is, I know balloons are harmless. They're just pieces of rubber filled with air. But **for some reason**, they really **creep me out**. When I was younger, I once had to sit next to a bunch of balloons at a party. One of them suddenly popped right next to my ear, and I almost jumped out of my chair. Since then, I've always tried to **stay away from** balloons. I think everyone has a weird fear like this. It doesn't have to be a serious phobia. It could be something small and harmless, like balloons, insects, dolls, or even a certain sound. What's something that scares you even though you know it shouldn't?

AFTER READING

USEFUL EXPRESSIONS Using context clues, match vocabulary and expressions to their meanings.

have a fear of	•허를 찌르다	**for some reason**	•왠지
catch off guard	•~를 무서워하다	**creep out**	•~을 피하다
freeze up	•얼어붙다	**stay away from**	•~를 오싹하게 하다

READING CHECK Using the above text and vocabulary, answer the following questions.

1. What exactly scares the writer about balloons?
2. What happened to the writer at a party when they were younger?
3. Using one of the phrases and vocabulary words, make a question. Next, ask this question to a partner.

ACTIVITY Comfort Zone Questions

1. Take turns. Say a number from 1 to 6 to the person on your left.
돌아가면서 진행합니다. 왼쪽 사람에게 1~6 중 숫자 하나를 말해주세요.

2. That person answers the prompt with that number. Then you ask them a follow-up question.
그 사람은 해당 번호의 질문에 답합니다. 그다음 당신이 추가 질문을 합니다.

3. Now it's their turn to say a number to the next person. Each member should answer at least twice.
이제 그 사람이 다음 사람에게 숫자를 말해줄 차례입니다. 각 구성원은 최소 두 번씩 답합니다.

1 - Something you're afraid to try but want to try now.
2 - Something new you tried recently.
3 - Something that is hard for others but easy for you.
4 - Something you used to be afraid of but enjoy now.
5 - Something you will never try.
6 - A time you stepped out of your comfort zone.

USEFUL VOCABULARY

intimidated: I feel intimidated when someone is really extroverted because they have so much energy.
motivated: My dream of traveling is what motivated me to learn English.
experiment: I like to experiment while cooking and try new combinations of flavors.
avoid: While traveling, I avoid dark places that aren't well lit.