

Lesson 1

A Road to Happiness

단원 설정 취지

내 주변의 사람과 나와의 관계를 돌아보는 기회를 갖고, 삶에 대해 유연하게 대처하고 긍정적인 시각을 갖기 위해 필요한 것이 무엇인지 생각해 본다.

단원 지도 계획

차시	학습 단계	학습 활동
1	단원 시작	동영상 시청 / 학습 목표 및 내용 미리 보기
	Listen and Speak 1	친구의 고민에 대해 듣고 조언하기 - (충고 구하기) "What would you do if...?" ▶ 수업 자료: Dictation Worksheet
2	Listen and Speak 2	곤경에 처한 친구에 대해 듣고 도움 방법 얘기하기 - (의견 표현하기) "It seems to me..." ▶ 수업 자료: Dictation Worksheet
	In Real Life	역경을 극복한 인물에 대해 듣고, 다른 인물 소개하기 ▶ 수업 자료: Dictation Worksheet Speaking Worksheet(수행평가)
3 ~ 6	Before You Read	고민을 대하는 자신의 자세에 대한 얘기 나누기 / 본문 어휘 미리 보기 ▶ 수업 자료: Vocabulary Worksheet
	Reading	삶을 살아가는 자세에 대한 짧은 세 개의 글 읽기 ▶ 수업 자료: Further Questions for Reading
	After You Read	본문 이해 점검하기
7	Language Focus	본문에 나온 어휘, 표현, 문법 익히기 ▶ 수업 자료: Vocabulary Test Grammar Worksheet
8	Writer's Workshop	"이 달의 학생 상"에 친구를 추천하는 글 쓰기
9	Wrap-up Test	단원 마무리 테스트
10	Project	"자신을 바꿀 다짐"으로 구성된 Resolution Board 완성하기
	Read More!	추가 읽기: A Letter from My Heart (p.146)

동영상 소개 조로증(progeria)이라는 희귀병에 걸린 Sam Berns라는 소년의 삶을 소개하는 영상이다. 빨리 늙는 병에도 굴하지 않고 17년 동안 많은 것을 남기고 간 Sam의 삶을 소개하는 이 영상은 삶에 있어 의미 있고 중요한 것이 무엇인지 생각해 보게 한다. 그가 던지는 인생 메시지를 다루는 글이 Read More!(p.146)에도 제시된다.

Teaching Tips 영상 시청 후 warm-up 활동으로 간단한 질문을 통해 이해도를 점검한다.

- How do you feel about the boy's life in the video clip?
(I feel sorry for him. He looks like a 100-year-old man, but his message is really touching.)
- What would your life be like if you were in the boy's situation?
(I can't even imagine how I would live in such a situation. Unlike him, I might stay indoors and not interact with others.)

Self-check

Check if you know the expressions below.

충고 구하기

☐ Can you tell me what I should do?

의견 표현하기

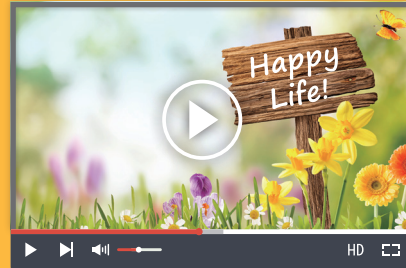
☐ In my view, you won't have enough time.

Compare the structural differences between the sentences on the right and those below.

- I was holding a glass **which** was half full.
- An elderly lady and a blind man were **behind him**.

Before You Begin

Watch a teenager talk about his life's most rewarding and meaningful experiences. Then think about your own and share them.



Link 스마트 교수자료

Lesson Overview

Theme 자기 관리 / 배려와 관용

L & S 친구의 고민을 듣고, 조언해 줄 수 있다.

R 삶을 살아가는 자세에 대한 짧은 이야기 세 개를 읽는다.

W '이 달의 학생 상'에 추천하고 싶은 친구에 대한 추천서를 쓴다.

Listening & Speaking

충고 구하기 **What would you do if you were me?**

의견 표현하기 **It seems** to me you won't have enough time.

Language Structures

- My arm will cramp up, **which** will force me to drop the glass. ▶ 관계대명사의 계속적 용법
- **Behind him** were an elderly lady and a blind man. ▶ 부사구 도치

Plan Ahead Skim the pages that follow and write about what you expect to learn in this lesson.

- I will learn about ways to deal with my worries.
- The title of the part that looks most interesting is "Stories That Will Change the Way You Think".

충고 구하기 What would you do if you were me?
~이라면 너는 어떻게 할 거니?

· 유사 표현

Can I get your advice on... ? / Can you tell me what I should do?

A Listen

1 What is the girl most likely to do after the dialog?

- a She is likely to give Emily a gift for her birthday.
- ✓ b She is likely to send an email to Emily.
- c She is likely to meet Emily in person to make up with her.

2 Check T for true and F for false.

		T	F
(1)	Peter practiced the piano over the weekend.	☒	☐
(2)	Peter is afraid of making mistakes at the recital.	☒	☐
(3)	Jane suggests Peter should practice the piano with her.	☐	☒

Plus+ Dictation Worksheet (p.136 in Teacher's Material)

B Speak Out

Link 스마트 교수자료(익소 PPT)

Talk with your partner about how to help your friend in each situation.

A Bob makes fun of my name. What would you do if you were me?

B I would tell him I feel annoyed.



Sample Talk further Ask your partner for advice about your own worries.

A I'm worried about the grades on my math tests these days. What would you do if you were me?

B I would solve some math problems regularly on a daily basis.

Get Ready»

What are you worried about these days?

☐ grades

☐ friends

☐ appearance

☐ (your own)

Sample

- I'm worried about the grades on my math tests these days.
- These days, I'm worried about relationship with my friends.

Transcripts for Listen and Speak 1

- 1 M Hi, Anna. You didn't show up for Emily's birthday party. Were you busy?
나타나다, 참석하다
- W Well, actually Emily and I had an argument a few days ago. We haven't talked to each other since.
말다툼하다, 싸우다
- M That's too bad. You two used to be best friends. Aren't you going to make up with her?
너희 둘 ~였었다(더 이상 아니라는 의미 내포)
화해하다
- W Yes, but I don't know how. **What would you do if** you were me?
- M I would send her a text message or email if I didn't feel comfortable talking to her in person.
feel comfortable -ing: ~하는 것을 편하게 생각하다
직접, 몸소
- W I'll get started on an email after I finish my homework. Do you think it will work?
~을 하기 시작하다
- M I bet it will. I'm sure she wants to make up with you, too.
나는 ~라고 확신한다

More & More 구어체 표현

- feel comfortable -ing: ~하는 것을 편하게 생각하다
ex) I don't feel comfortable asking a favor of him. 나는 그에게 부탁하는 게 편하지 않아.
- I bet (that) ~: '라고 확신하다'라는 뜻으로 I'm sure ~과 같이 일상생활에서 자주 쓰이는 표현이다.
ex) I bet your dream will come true. 나는 네 꿈이 이뤄질 거라고 확신해.

- 2 W What did you do over the weekend, Peter?
- M I spent all weekend playing the piano to prepare for my upcoming piano recital.
지난 주말 동안
spend 시간 -ing: ~하면서 시간을 보내다
다가오는
- W Oh, really? How's it going?
연주회, 발표회
어떻게 되고 있나?
- M Not that well, Jane. You know I made a big mistake at the recital last year because I was so nervous. I'm worried I'll make a mistake again.
I'm worried (that) S+V: 나는 ~할까 걱정이야
- W I understand how you feel, but you know you're the best pianist at our school, right?
- M Thanks for your encouragement, but I just get really nervous whenever I'm on stage. **What would you do if** you were in my place?
내 입장인 (= in my shoes)
- W Well, I would have a rehearsal in front of my friends before the recital.
가정을 나타내는 would
- M That sounds like a good idea. Will you come to my rehearsal if I set a date?
날짜를 잡다
- W I'll definitely be there.

More & More 동사 set과 함께 자주 쓰이는 표현

- set a date 날짜를 잡다, 날을 잡다
- set a goal 목표를 세우다
- set a record 기록을 세우다

| More Sample for Talk Further |

- A I often have an argument with my younger sister. I don't know what to do.
B If I were you, I would make time to have a talk with her about why we often disagree in many things.

Oral Quiz

- 1) Why didn't the girl show up for Emily's birthday party?
She had an argument with Emily.
- 2) What will the girl do first before she writes an email?
She will finish her homework first.

Oral Quiz

- 1) Why did Peter make a big mistake at the recital last year?
He was so nervous on the stage.
- 2) What is Jane's suggestion to Peter?
Her suggestion is to have a rehearsal in front of his friends.

의견 표현하기 **It seems** to me you won't have enough time. (내게는) ~인 것 같다

• 유사 표현

In my view... / In my opinion... / I believe that... .

Get Ready >>

What kind of person do you think you are?

- ☐ considerate
☐ humorous

☐ warm-hearted

☐ _____
(your own)

Sample I think I'm considerate.
I try to think about how my friends
would feel when I say something
to them.

A Listen

1 Which of the following is Justin most concerned about?

- a his Mom's health b his relationship with friends ✓ c his English exam to come

2 Fill in the blanks in the news article below.

LIFE

No. 154
© The Seoul Daily
Friday, March 13th, 2020

Go Bald, Show Support

Dongsu Kim, a second-year student at Hanguk High School, was diagnosed with cancer. He lost all his hair due to the treatment he received. To show support for him, his classmates shaved their heads.



B Speak Out

Link 스마트 교수자료(의소 PPT)

Talk with your partner about the given situations.

A Sam is now learning Korean, but he doesn't think he's improving.

B Really? Should we do something?

A Let's give him Korean lessons. **It seems** that he might need more practice.

Situation

Alice has had difficulty adjusting to her new school.
~에 적응하다

- spend some time with her
- she needs friends to talk to 얘기할 친구

Situation

Brian is in the hospital because he hurt himself playing baseball.

- bring him some books from the library
- he might get bored there
your own

Sample Talk further Share your opinions on how to help your friend in need.

A David is working out these days, but he doesn't seem to lose weight.

B Let's ask how much he eats. **It seems** that he still eats a lot.

Transcripts for Listen and Speak 2

- 1 W Justin! You look worried. What's wrong?
 M Actually, I've been sick with a severe cold. I've already missed three 걱정이 있어 보인다 days of school. 학교를 3일 결석하다
 W Oh, that's why you haven't been around these days.
 M Yeah. I'm also worried about the English exam. 요새 보이지 않다
 W You don't have to worry. Let me help you. ~할 필요가 없다
 M Thanks, Mary. Don't you have a few exams to study for? It seems to me you won't have enough time. ~을 대비해 공부하다, ~시험 공부를 하다
 W I can make time for you over the weekend. What are friends for? 시간을 내다 친구 좋다는 게 뭐니? / 친구가 그런 거지 않겠니?

More & More 주의할 전치사의 사용 for

- study **for** the exam 시험(을 위해) 공부를 하다
- study the exam 시험을 연구(분석)하다
- prepare **for** the exam 시험(을 위해) 대비하다
- prepare the exam 시험을 준비(마련)하다

- 2 M Sujin! Did you read the article?
 W Which article do you mean?
 M I've just read some news about Hanguk High School at the other end of town. One whole class shaved their heads bald! 반대편, 저쪽
 W Oh, no! Are they protesting something? 한 반 전체 머리를 밀다, 삭발하다
 M Not at all. The article said they did it to show support for their classmate.
 W To show support for a classmate?
 M Yeah. One student named Dongsu Kim was diagnosed with cancer, and the treatment caused all his hair to fall out. All of his classmates shaved their heads so he wouldn't feel self-conscious. ~으로 진단받다 ~하도록(목적) (머리가) 빠지다
 W What a touching story! It seems to me that he has a great group of friends. (that) 참 감동적인 얘기구나(감탄문) 남의 시선을 의식하는
 M I agree. It's good to see people come together like that in tough situations. 뭉치다, 협동하다

More & More 머리카락과 관련된 표현

- fall out (머리카락이) 빠지다
- lose one's hair 탈모가 되다, 머리가 빠지다 (cf. hair loss 탈모)
- have thin hair 머리 술이 적다
- have thick hair 머리 술이 많다

| More Sample for Talk Further |

- A Sally studied hard for the midterm test, but she didn't get good grades.
- B Let's give her some encouragement. I think she gets too nervous during the tests.

Oral Quiz

- 1) Why did Justin miss school?
 He was sick with a severe cold.
- 2) What will Mary do to help the boy?
 She is going to help him to study for the English exam.

Oral Quiz

- 1) Why did one whole class shave their heads bald?
 They wanted to show support for their classmate.
- 2) How did Sujin feel after hearing the news about Dongsu Kim?
 She felt it was a touching story.

A Listen

Teaching Tips 토크쇼 진행자의 어투, 억양 등에 주목해서 듣게 한다.

Listen and fill in the blanks.

Transcripts Hello, and welcome to the *Tonight Show*! My name is Rachel Green. Today's special guest is Paul Potts, a successful salesperson-turned-singer who overcame many difficulties. During his teens, he was bullied by his classmates at school and suffered from a lack of self-confidence. But those challenges didn't stop him. His beautiful voice is loved by millions of fans, and he is supported by his wife. **It seems** that he has an inner strength that allows him to overcome challenges in life. Today he is going to share with us how he made his dream come true. Ladies and gentlemen, please welcome Paul Potts!



Today's guest is Paul Potts, a successful salesperson-turned- singer. He overcame many difficulties (challenges) on his way. Let's hear his story on how he made his dream come true. Please welcome Paul Potts!

Words & Expressions

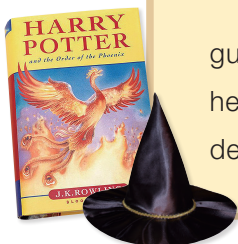
- salesperson-turned-singer 영업 사원에서 가수로 전향한 사람
- bully 괴롭히다, 왕따 시키다
- inner strength 내부의 힘, 마음의 힘
- come true 실현되다, 이뤄지다

B Speak Out

Complete the following with your ideas. Then take turns introducing the guest to your group members.

Guest J.K. Rowling

Hello, and welcome to the *Tonight Show*! I'm _____. Today's special guest is J.K. Rowling, the author of the *Harry Potter* series. It seems to me that her great success was made by her _____ despite many difficulties. Ladies and gentlemen, please welcome Joanne Rowling!



Link 스마트 교수자료
(배경지식 PPT)

배경지식 J. K. 롤링

J. K. 롤링은 영국의 아동 문학 작가이다. 본명은 조앤 캐슬린 롤링 (Joanne Kathleen Rowling)으로 1997년 처음 출판되어 2011년 전 8권으로 완판된 판타지 소설 <해리 포터>시리즈의 작가로 잘 알려져 있다. 이 시리즈로 롤링은 전 세계적으로 큰 주목을 받으며 여러 상을 받았고, 책은 지금까지 67개 언어로 번역되어 4억 5천만 부 이상 판매됐다.

Help Box

- passion for writing
- enthusiasm towards literature
- determination to pursue her dream
- _____
(your own)

✓ Peer-check

Exchange books and evaluate one of your group members' performance.

Was the voice loud and clear?	/ 5
Was the speed of speech appropriate?	/ 5
Did the speaker act like a talk show host?	/ 5

Teaching Tips 발표 전 미리 평가 항목을 알게 하여 발표할 때 평가되는 항목을 인지시킨다. 그 후 모둠원이 돌아가며 발표를 시작하게 한다.

Plus+ Speaking Worksheet (p.138 in Teacher's Material, 토크쇼 진행자로서 자신이 소개하고 싶은 인물에 대해 소개하는 내용으로, 수행평가 자료로 활용할 수 있다.)

Sample

- A** When I have some problems, I usually try to stop worrying and accept them as they are. That helps me deal with the problems better. How about you?
B I ask for advice from my friends. I often find it hard to solve them on my own.

A Get Connected

How do you deal with your problems? Check one that applies to you and talk about it with your partner.

☐	I tend to keep worrying about them.
☐	I try to stop worrying and accept them as they are.
☐	I ask for advice from friends to solve them.
☐	I look for ways to solve them on my own.



Teaching Tips 짝과 대화 시 활용 가능한 질문

- How do you react to your worries?
- What do you do when you are faced with problems?

B Vocabulary

Guess the meanings of the underlined words and talk about them with your partner.



My hands are still numb from the cold.
 [nʌm]
 감각이 없는, 시린



He is struggling in the face of adversity.
 ~에 직면하여
 역경, 고난



The glass is very fragile, so he is handling it with care.
 깨지기 쉬운



My right leg is cramping because I've been sitting with my legs crossed for too long.
 경련이 나다, 쥐가 나다
 나의 다리를 곧 채로



James ended up winning the competition.
 결국 우승하게 되다
 대회, 경쟁



Sharon seldom shows her sentiment in any circumstances.
 감정, 정서

Plus+ Vocabulary Worksheet (p.139 in Teacher's Material)

Teaching Tips 본문 수업 전 과제로 내어 주어 미리 읽으면서 이해가 안 되는 부분은 체크해 오도록 지도한다.

Self-check Timed Reading

The more you read, the better you understand. Read the text (pp. 14-19) and record your reading time below.

1st ____ min. ____ sec.

* While reading, check where your understanding fails.

Overview 이 글은 세 개의 짧은 스토리로 구성되어 있으며, 각 스토리는 삶에 대한 자세를 은유법(metaphor)을 통해 비유적으로 전달하는 글이다. 첫 번째 글은 “고민 내려놓기”, 두 번째는 “고난에 유연하게 대처하기”, 세 번째 글은 “곤경에 처한 이웃 돕기”라는 주제를 전달한다.

Stories That Will Change the Way You Think

해석 당신이 생각하는 방식을 변화시킬 이야기들

때때로, 당신은 부모님과 선생님들께 “틀에서 벗어나서 생각하라”라는 말을 듣는다. 이에 대해, 당신은 아마 “말은 행동보다 쉽지요”라고 답할지도 모른다. 그러나 시험 삼아 한번 해 보아라. 다른 관점에서 문제를 보는 것은 그 문제를 다룰 새로운 접근 방식으로 당신을 이끌 수 있다. 그것은 정말로 효과가 있다. 다음의 이야기들은 당신의 시각을 바꾸는 것이 어떻게 당신의 삶을 바꿀 수 있는지를 보여 준다.

From time to time, you are told by parents or teachers to “think outside the box.” To this, you may say, “Easier said than done.” But try it. Looking at a problem from a different perspective can lead you to a new approach to handle the problem. It truly works. The following stories show how changing your perspective can change your life.

해석 물건의 무게

한 교수가 강의 동안에 강단 위를 돌아다녔다. 그녀는 물 한 잔을 들어 올리고는, “이 물 한 잔이 얼마나 무거운가요?”라고 물었다. 학생들은 다양한 대답들을 와쳤다.

그녀는 “제 관점에서는, 이 유리잔의 무게는 중요하지 않습니다. 그것은 내가 이것을 얼마나 오래 들고 있는가에 모두 달려있습니다. 만약 제가 이것을 1분 또는 2분 동안 들고 있다면, 이것은 꽤 가벼울 것입니다. 만약 제가 이것을 한 시간 동안 들고 있다면, 이것은 아마도 제 팔을 아프게 할 것입니다.

Teaching Tips 은유의 대상 파악하기

첫 번째 글에서는 고민거리를 물건에 빗대어 ‘고민에 얽매이지 말고 내려놓아라’는 주제를 전달하고 있다.

Story 1

The Weight of the Glass

- perspective
- approach
- handle

A professor walked around on a stage while teaching. She raised a glass of water and asked, “How heavy is this glass of water?” Students shouted out various answers.

- reply
- fairly
- ache [eik]

She replied, “From my perspective, the weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour, it may make my arm ache. If I hold it for an entire

[은유법 이해하기]

“From my perspective, the weight of your worries doesn’t matter. It all depends on how long you think about your worries.”

Q1 Skim through the stories and choose the main purpose.

a to seek opinions from readers

✓ b to give life lessons

c to describe events

day, my arm will ^{돈 아마 (= probably)} likely ^{경험이 나다, 쥐가 나다} **cramp up**, ^(= and it) **which** ^{관계대명사의 계속적 용법} will force me ^{결국} to ^{분리부정사 (부사 eventually가 뒤의 동사 drop을 수식)} eventually ^{force A to 부정사: A가 ~하게 만들다} drop the glass. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

The 비교급+S+V, the 비교급+S+V: ~하면 할수록 더욱 ~하다

- cramp
- force
- eventually

“Some of your ^{걱정거리 = 물잔 (직유)} worries are like this glass of water. Think about them for a short while, and nothing happens. Think about them a bit longer, and you begin to ache a little. Think about them all day long, and you will feel numb and be incapable of doing anything else until you drop them.”

감각이 없든

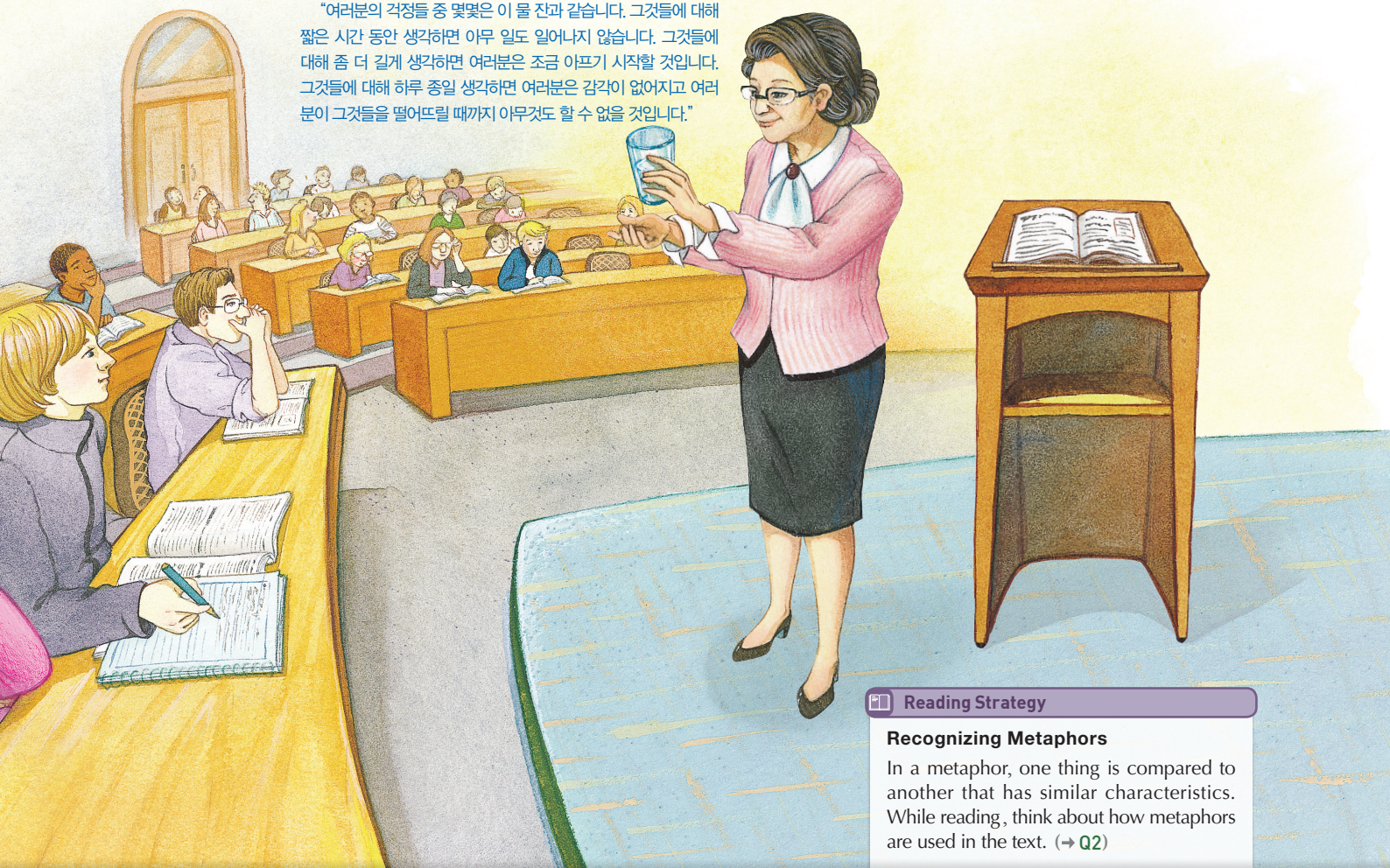
~할 줄 모른다. ~할 수 없다

해석 만약 제가 이것을 하루 종일 들고 있다면, 제 팔은 아마도 경련이 일어나고, 그것은 결국 제가 유리잔을 떨어뜨리게 할 것입니다. 각각의 경우에서 유리잔의 무게는 변하지 않았지만, 제가 그것을 더 오래 들고 있을수록, 저에게 그것은 더 무겁게 느껴질 것입니다.”라고 대답했다.

“여러분의 걱정들 중 몇몇은 이 물 잔과 같습니다. 그것들에 대해 짧은 시간 동안 생각하면 아무 일도 일어나지 않습니다. 그것들에 대해 좀 더 길게 생각하면 여러분은 조금 아프기 시작할 것입니다. 그것들에 대해 하루 종일 생각하면 여러분은 감각이 없어지고 여러분이 그것들을 떨어뜨릴 때까지 아무것도 할 수 없을 것입니다.”

- numb [nʌm]
- be incapable of

명령문, and S+V: ~해라, 그러면 ~할 것이다



Reading Strategy

Recognizing Metaphors

In a metaphor, one thing is compared to another that has similar characteristics. While reading, think about how metaphors are used in the text. (→ Q2)

Q2 Fill in the blank to complete the metaphor.

- how long you hold the glass = how long you think about your worries

Q3 What do you think the professor's message is? **Sample** Do not think about your worries for too long.

이 글은 우리 각자를 감자, 달걀, 커피에 비유하고, 우리가 처하는 고난(adversity)을 끓는 물(boiling water)에 비유하여 사람마다 고난에 대응하는 방식이 다르며 고난을 어떤 시각으로 바라보는 것이 옳은지에 대한 물음을 던진다.

Story 2

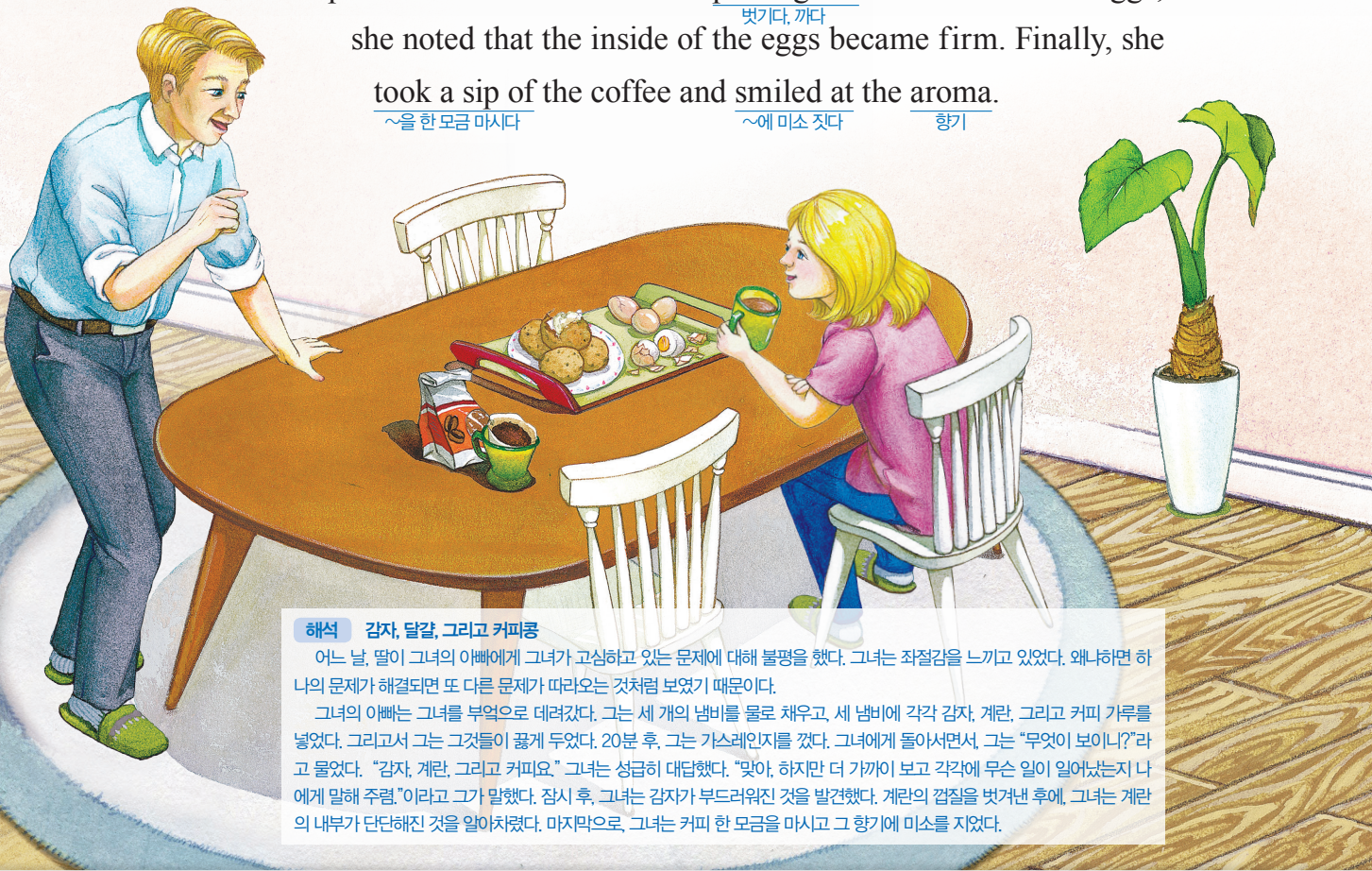
Potatoes, Eggs, and Coffee Beans

- struggle with
- frustrated

One day, a daughter complained to her father about the problems she was struggling with. She was frustrated because it seemed that just as one problem was solved, another followed.

- grind
- hastily
- peel off
- take a sip of
- aroma

Her father took her to the kitchen. He filled three pots with water and placed potatoes, eggs, and ground coffee beans in each of the three pots. He then let them boil. After twenty minutes, he turned off the stove. Turning to her, he asked, "What do you see?" "Potatoes, eggs, and coffee," she hastily replied. "Yes, but look closer," he said, "and tell me what happened to each." Shortly after, she found that the potatoes became soft. After peeling off the shells of the eggs, she noted that the inside of the eggs became firm. Finally, she took a sip of the coffee and smiled at the aroma.



해석 감자, 달걀, 그리고 커피콩

어느 날, 딸이 그녀의 아버지에게 그녀가 고심하고 있는 문제에 대해 불평을 했다. 그녀는 좌절감을 느끼고 있었다. 왜냐하면 하나의 문제가 해결되면 또 다른 문제가 따라오는 것처럼 보였기 때문이다.

그녀의 아버지는 그녀를 부엌으로 데려갔다. 그는 세 개의 냄비를 물로 채우고, 세 냄비에 각각 감자, 계란, 그리고 커피 가루를 넣었다. 그리고서 그는 그것들이 끓게 두었다. 20분 후, 그는 가스레인을 꺼냈다. 그녀에게 돌아서면서, 그는 "무엇이 보이니?"라고 물었다. "감자, 계란, 그리고 커피요." 그녀는 성급히 대답했다. "맞아, 하지만 더 가까이 보고 각각에 무슨 일이 일어났는지 나에게 말해 주렴."이라고 그가 말했다. 잠시 후, 그녀는 감자가 부드러워진 것을 발견했다. 계란의 껍질을 벗겨낸 후에, 그녀는 계란의 내부가 단단해진 것을 알아차렸다. 마지막으로, 그녀는 커피 한 모금을 마시고 그 향기에 미소를 지었다.

Q4 Why did the father tell his daughter to look closer?

a because her hasty reply irritated him

✓ b because she didn't figure out what he meant



“Alright, Dad. What are you trying to tell me?” she asked.

→ [은유법 이해하기]
= When we face adversity, we react to it on our own way.

He explained that each of these objects had faced the same adversity, but each one reacted differently. “The potato was strong and hard, but became soft and weak after sitting in the boiling water. The inside of the egg was fragile but became hardened after being boiled in the water. The ground coffee beans stayed intact but changed the water itself, making it fragrant and flavorful.”

- adversity
- fragile
- harden
- intact
- fragrant
- flavorful

More & More en + 형용사 or 형용사 + en = 동사
• enlarge / ensure / enable
• deepen / sharpen / darken / shorten

“Which are you?” he asked his daughter, “When adversity knocks on your door, how do you respond? You can lose your strength though you started strong. You can be tough with a stiff spirit though you started weak. Or, you can change the circumstance that was brought about by adversity for the better. Are you a potato, an egg, or a coffee bean?”

- stiff
- circumstance

More & More 유사보여
유사보여란 보어가 필요하지 않은 완전자동사 뒤에 명사나 형용사가 쓰여 주어의 상황을 보충 설명하는 단어를 말한다.
ex) He died **young**. (그는 젊어서 죽었다.)
She went home **disappointed**. (그녀는 실망한 채로 집에 갔다.)

해석 “좋아요, 아빠. 저에게 무슨 말씀을 하려고 하시는 거죠?” 그녀가 물었다.

그는 이 각각의 물체들이 같은 역경에 처했지만, 각각은 다르게 반응했다는 것을 설명했다. “감자는 강하고 단단하지만 끓는 물 속에 들어간 후에 부드럽고 연약해졌어. 계란의 내부는 깨지기 쉬웠지만 물에서 끓은 후에 단단해졌지. 커피 가루는 온전한 상태로 있었지만 물 자체를 바꿨고 그것이 향기 나고 풍미 있게 만들었어.”

“너는 어떤 것이니?” 그는 그의 딸에게 물었다. “역경이 너의 문을 두드릴 때, 너는 어떻게 반응하겠니?” 네가 시작한 강하게 했어도 너는 너의 강인함을 잃을 수 있어. 너는 연약하게 시작했을지라도 강인한 정신으로 굳세어질 수도 있지. 또는, 너는 역경에 의해 야기된 상황을 더 나은 방향으로 바꿀 수도 있지. 너는 감자니, 계란이니, 아니면 커피콩이니?”



Q5 What does *the same adversity* in line 2 refer to? **the boiling water**

Q6 Coffee beans are different from the other two in that they **change** the boiling water into something aromatic.

이 글은 우리의 인생을 경주(race)에, 이기는 것(winning the race)을 성공적인 인생(successful life)에 비유하고 있다. 인생의 참된 목표는 다른 사람을 누르고 장취하는 무조건적인 승리가 아니라 다른 사람들과 함께 나아가는 것이라는 메시지를 던지고 있다.

Story 3

The Races

- athletic
- competition
- determination
- beat
- still (a.)
- sentiment

Once upon a time, there lived a young athletic boy who prepared himself for a running competition. He ran with ^{육상의, 운동의} strength, and power, and always beat other competitors. Whenever the boy was running for a prize, a large crowd gathered together to watch the race. A wise old man, upon ^{대회} hearing of the boy, had traveled far to ^{투지, 결의} watch his races. Though the crowd cheered loudly for the boy, the wise man stayed still and calm, ^{이기다} expressing no ^{~할 때마다} sentiment. ^{부사적 용법(목적)} ^{upon -ing: ~하자마자} ^{과거완료시제(과거시제보다 이전의 일)} ^{감정} ^{④ 가만히 있는, 조용한} ^{분사구문(동시동작)}

- present (v.)
- challenger

The little boy felt proud and important. "I can beat anyone!" cried the little boy. After hearing this, the wise man said to him, "Now I ^{동 제시하다} present two new ^{도전자} challengers to you." ^{☆ 부사구 도치} Behind him were an elderly lady and a ^{부사구가 문장 앞으로 도치되어, 주어와 동사의 순서가 바뀜.} blind man. "Race!" said the wise man. (= An elderly lady and a blind man were behind him.)

The race began, and the boy was the only ^{완주자} finisher because the elderly lady and the blind man were left standing at the starting line.

The little boy noted that the crowd did not cheer for him this time, ^{be left -ing: ~하는 채로 남겨지다} which puzzled him. ^{☆ 관계대명사의 계속적 용법} In the middle ^{☆ 부사구 도치} of the crowd was sitting the wise old man, looking calmly at the boy. He ran to the wise man and asked, "Why don't people cheer for me now?"

해석 경주

옛날 옛적에, 달리기 대회를 준비하던 어린 육상 소년이 살고 있었다. 그는 투지, 강인함, 그리고 힘을 갖고 달렸고, 항상 다른 경쟁자들을 이겼다. 그 소년이 상을 받기 위해 달리고 있을 때마다, 많은 관중들이 경주를 보기 위해 함께 모였다. 한 늙은 현자는 소년의 이야기를 듣자마자 그의 경주를 보기 위해 먼 길을 여행했다. 관중들은 그 소년을 위해 큰 소리로 응원했지만, 현자는 어떤 감정도 표현하지 않고 가만히 그리고 차분한 상태로 있었다.

그 어린 소년은 뿌듯했고 자신이 중요하다고 느꼈다. "나는 누구든지 이길 수 있어" 그 소년이 외쳤다. 이것을 들은 후에, 현자는 그에게 말했다, "이제 내가 당신에게 새로운 두 명의 도전자를 제시하겠네." 그의 뒤에는 노부인과 한 시각 장애인이었다. "경주하십시오!" 현자가 말했다.

경주는 시작되었고, 노부인과 시각 장애인이 출발선에 선 채로 남겨졌기 때문에 그 소년은 유일하게 완주한 사람이었다. 그 어린 소년은 이번에는 관중들이 그를 위해 응원하지 않았다는 것을 알아차렸고, 이것은 그를 혼란스럽게 했다. 관중들 한 가운데에 현자는 앉아있었고, 차분하게 그 소년을 바라보고 있었다. 그는 현자에게 달려가 물었다. "왜 지금은 사람들이 저를 위해 응원하지 않는 거죠?"

Q7 Which word best describes the boy?

✓ a arrogant

b wise

c calm

d insightful



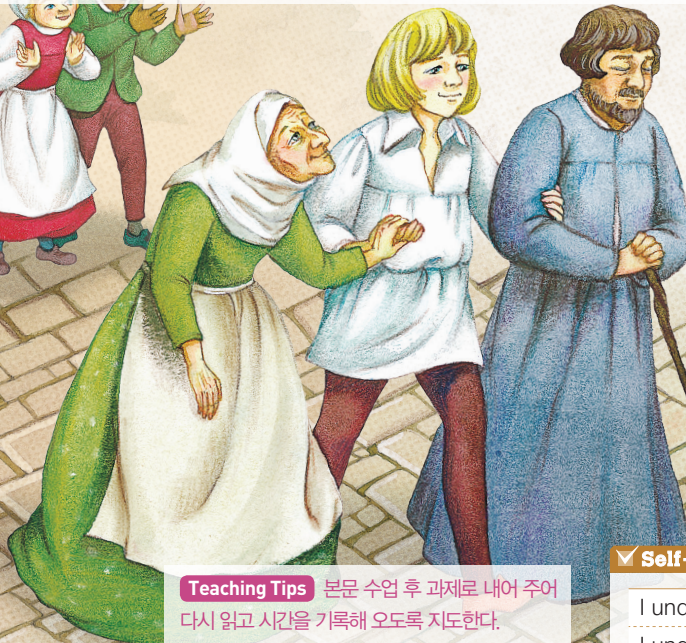
“Race again,” replied the wise man, “but this time, finish together.”

The little boy stood between the blind man and the elderly lady, holding them arm in arm. The race began, and the little boy walked ^{between A and B: A와 B 사이에} slowly with the others. When they crossed the finishing line, the crowd cheered loudly and waved at the boy. The wise man smiled. He said, “Well done, little boy. You’ve won a lot more in this race than in any other you’ve run before. You are a real winner.” Now the little boy was ^{본사구문(동사동작)} greatly ^{팔짱을 끼고} delighted, and he felt proud and important again. ^{~을 향해 손을 흔들다} ^{비교급+than any other+단수명사: 다른 어떤 ~보다도 더} ^(race) ^{대단히, 크게}

- arm in arm
- wave at

해석 “다시 경주하게.”라고 현자가 말했다. “하지만 이번에는 함께 완주하게.”

그 어린 소년은 그들의 팔짱을 낀 채 시각 장애인과 노부인 사이에 서 있었다. 경주가 시작되자 그 소년은 다른 사람들과 천천히 걸었다. 그들이 결승선을 지날 때, 관중들은 그 소년을 향해 큰 소리로 응원하고 손을 흔들었다. 현자는 미소 지었다. 그는 말했다. “잘했네, 소년. 당신은 당신이 이전에 달렸던 다른 어떤 경주들보다 이번 경주에서 더 많은 것을 얻었네. 당신은 진정한 승자이네.” 이제 그 소년은 크게 기뻐하였고, 다시 한 번 뿌듯함을 느꼈고 자신이 중요하다고 느꼈다.



Teaching Tips 본문 수업 후 과제로 내어 주어 다시 읽고 시간을 기록해 오도록 지도한다.

Self-check

- | | |
|---|-----|
| I understand how the metaphors are used. | / 5 |
| I understand the authors' messages. | / 5 |
| • Read the text again and record your reading time. | |
| 2nd ____ min. ____ sec. | |
| • Read More! Go to page 146. | |

Plus+ Further Questions for Reading (p.140 in Teacher's Material)

Q8 How about you? Which of the three stories did you find most meaningful? Why?

Sample The first story was most meaningful to me because it gave me a chance to think about the way I deal with my own worries.

A The three stories give meaningful messages about life. Complete the sentences.

Think Outside the Box

당신의 삶의 경로는 삶을 보는
당신의 시각에 달려 있다.

The path of your life depends on the ¹⁾ perspective
in which you view your life's problems.

The Weight of the Glass

Don't keep your ²⁾ worries
in your head too long.



Potatoes, Eggs, and Coffee Beans

When ³⁾ adversity knocks on
your door, deal with it wisely.



The Races

The beauty of our life lies in
living ⁴⁾ together.



WORDS worries perspective adversity together

Teaching Tips 여기 주어진 문장은 본문의 각 등장인물이 한 말로 각 이야기의 주제를 전달하는 문장이다.
각 문장이 비유적으로 전달하는 의미를 파악하게 지도한다.

B What is implied by the speaker of each quote below?

- 1**


“The longer I hold the glass, the heavier it feels to me.”

c
- 2**


“Each of the objects had faced the same adversity, but each one reacted differently.”

a
- 3**


“Little boy, you've won a lot more in this race than in any other you've run before.”

b

- a** People respond to life's hardships in their own way.
- b** Your life can be more meaningful when you help others in need.
- c** If you think about your worries for too long, you become more stressed.



C

How do you respond when faced with hardships? Are you an egg, a potato, or a coffee bean? Talk about it with your partner.

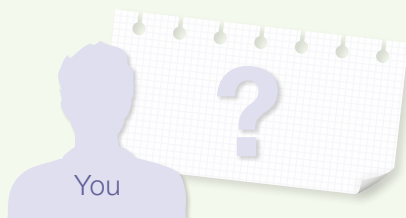


an egg

When I'm in trouble, I try to face my problems. I think this makes me stronger.

a coffee bean

By overcoming hardships, I believe I can make the tough circumstance better.



You

I become weak when faced with adversity. Sometimes, I just want to avoid it.

a potato



Teaching Tips 짝과 대화 시 활용 가능한 질문

- Which do you think you are, an egg, a potato, or a coffee bean?
- Why do you think you are an egg?



D

Complete the following quotes about life with the given words. Then create your own sentence about how to live a better life.

♦ Worry often gives a small thing a big shadow. – An old saying in Sweden

♦ Failure is the opportunity to begin again more intelligently. – Henry Ford

♦ Alone we can do so little; Together we can do so much. – Helen Keller

♦ Sample Life is not a destination but a journey. (삶은 목적지가 아니고 여정이다.) – Jiwon Cha (your name)

WORDS

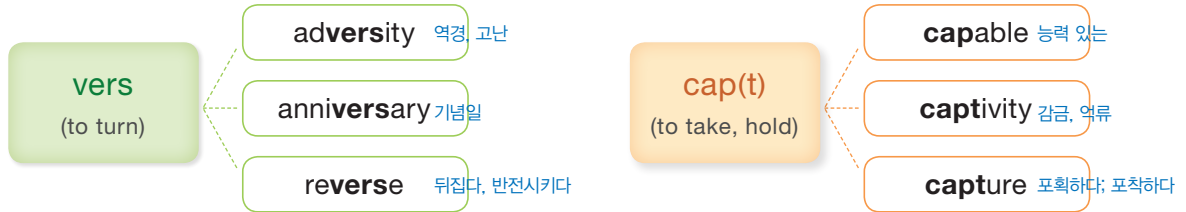
together

failure

shadow



A Word Forms



Complete each sentence with a word from above. Change the form if necessary.

- I'm glad my parents will have a party to celebrate their 20th wedding anniversary.
- Sally is very intelligent and enthusiastic, so she is capable of doing the work well.
- The thought of exploring the moon might have captured many people's imaginations
the thought of -ing: ~한다는 생각
at that time.
- Mr. Kim won't reverse the decision because he has confidence in a successful outcome.
결정을 번복하다

More Sentences

- Many wild animals are in **captivity** in zoos around the world.
- I believe that by overcoming **adversity**, people can make themselves stronger.

B Expressions in Use

- struggle with** to try hard to do something that you find very difficult
~으로 고생하다, ~와 씨름하다
- peel off** to remove the outer layer of something
벗기다, 까다
- take a sip of** to drink something slowly by taking small amounts into your mouth
~을 한 모금 마시다

Complete each sentence with an expression from above. Change the form if necessary.

- My sore throat is killing me, so I can barely take a sip of water.
목이 아파 죽겠어 거의 ~않다
- Tony spent the whole night struggling with his math and biology homework.
생물학
- Please peel off only the circle-shaped stickers from the walls that surround the square.
원 모양의

✔ **Self-check** Make your own sentence, using one of the expressions above.

Plus+ Vocabulary Test (p.143 in Teacher's Material)

ex) He said he was sick, **which** was a lie. (그가 아프다고 말했는데, 그것은 거짓이었다.)

Point 1

Link  스마트 교수자료
(문법 PPT)

- If I hold the glass for an entire day, my arm will cramp up, which will force me to drop it.
↳ and it
- The crowd did not cheer for the boy this time, which puzzled him.
↳ and it

 Self-check Skim through page 146 and underline the sentence with the structure above.

Teaching Tips 146쪽의 Read More!를 읽으며 해당 문법을 찾아보게 지도한다.

Choose an appropriate form to complete the conversation.

- A** What kind of career do you want to pursue in the future?
- B** Unfortunately, I have no idea, ¹⁾(and / ) which) bothers me these days.
- A** I have no clue either, and ²⁾(it / which) frustrates me.
- B** Why don't we visit the career test center, ³⁾(where / ) which) is located on 9th Street?
- A** That's a great idea. Let's go right away.

ex) On the hill was a huge and old castle. (언덕 위에 크고 오래 된 성이 있었다.)

Point 2

Link  스마트 교수자료
(문법 PPT)

- **Behind him** were an elderly lady and a blind man.
(→ An elderly lady and a blind man were behind him.)
- **In the middle of the crowd** was sitting the wise old man.
(→ The wise old man was sitting in the middle of the crowd.)

Reshuffle the words in parentheses to complete the paragraph.

Today, I visited my teacher's place with my classmates. At ¹⁾ (lay / the entrance / a lamp), which shed a warm light of welcome. In ²⁾ (a leather sofa / were / the living room) and a small tea table. Across from the sofa was a huge shelf filled with classical music CDs as well as a pair of speakers for the music. It was a bit surprising that she didn't have a TV set in the living room.

A Get Ideas

Read about the candidates for the Student of the Month Award below and think about who you would recommend at your school.



"A True Friend"

Good Deeds

- helps the elderly in subway stations 노년층, 노인
- delivers lunch boxes to the elderly living alone

Main contribution

has shown what it means to live in harmony with others

~와 조화롭게



Emily Jones



"A Genuine Animal Lover"

Good Deeds

- takes care of pets at the animal shelter
- volunteers at animal hospitals

Main contribution

has taught people to be more responsible for their pets



Peter Davis

B Organize Ideas

Choose one of your friends as a candidate for the Award and answer the following questions about the person.

Teaching Tips 질문에 답한 후 C 단계로 넘어가기 전 파트너와 함께 자신이 추천하고 싶은 친구에 대해 얘기해 보게 한다. 주어진 질문을 활용하도록 지도한다.



1 Who do you want to recommend for the award at your school?

→ I want to recommend Jina Kim, one of my classmates.

2 Describe the person you chose.

→ Jina is a humorous happy energizer.

3 What are the good deeds she(he) has done?

→ She greets us with a bright smile every morning
and cheers us up by telling jokes when we feel down.

4 What has she(he) done for the community through her(his) good deeds?

→ She has helped us see the bright side of life when we face difficulties.

Writing Tips contributions to a community

raise public awareness about ~ / provide hope to those who ~ / send us a message that ~

C Write

Write a letter of recommendation for the person you chose.



Letter of Recommendation

March 30th, 2020

Dear Selection Committee,
심사위원회

I am writing to recommend Jina Kim as a candidate for
 the Student of the Month Award at Joy High School. name / school

I think Jina Kim is a humorous, happy energizer. description

She(He) has done many good deeds. For example, she greets us with
a bright smile every morning. good deeds

Moreover, she cheers us up by telling jokes when we feel down. contribution

She(He) deserves the award because she has helped us see the bright
side of life when we face difficulties and has tried to give energy to people who need help. contribution

I have learned a lot from what she(he) has done, and I'm proud to
~으로부터 많은 것을 배우다
 call her(him) a friend. If I can help clarify anything for you, please
명확히 하다
 feel free to contact me at fellow @ korea.net. contact information

More & More 편지글 맺음말은 받는 사람과의 관계에 따라 쓰는 말에 차이를 둔다.

- 친구 관계: With love, With all my heart, All the best 등
- 공식적인 관계: Sincerely, Sincerely yours, Best regards, Respectfully 등

Truly,
Joshua Jin your name

해석 심사위원회에,

저는 Joy 고등학교에서 이달의 학생 상의 후보로 김지나를 추천하기 위해 이 편지를 쓰고 있습니다. 저는 김지나가 유머 있고 행복한 활력을 주는 사람이라고 생각합니다. 그녀(그)는 많은 선행을 해왔습니다. 예를 들어, 그녀는 매일 아침 저에게 밝은 미소로 인사합니다. 게다가 그녀는 저희가 우울할 때 농담을 함으로써 저희에게 기운을 북돋아 줍니다. 그녀는 우리가 어려움에 직면했을 때 우리가 삶의 밝은 면을 보도록 도와주고 도움이 필요한 사람들에게 기운을 주려고 노력해 왔기에 그녀(그)는 상을 받을 자격이 있습니다. 저는 그녀(그)가 해온 것들로부터 많은 것을 배우며, 제가 그녀(그)를 친구라고 부르는 것이 자랑스럽습니다. 만약 여러분을 위해 제가 무언가 명확히 알려드릴 수 있다면, fellow@korea.net으로 언제든지 연락 주세요.

Peer-check

STEP 1 Exchange books and evaluate your partner's writing. Leave comments where necessary.

Are the good deeds described in the letter appealing?	/ 5
Does the letter describe the person properly?	/ 5

STEP 2 Revise your letter based on your partner's feedback.



A Listen and answer the questions.

1 What is the relationship between the two speakers?

- ✓ ① instructor – student
- ② conductor – musician
- ③ salesperson – customer
- ④ counselor – patient

2 What will the speakers do after the dialog?

- ① They will ask Justin's neighbors about where Fluffy is.
- ✓ ② They will make posters to let people know Fluffy is missing.
- ③ They will look for Fluffy in the park with Justin's friends.
- ④ They will help Fluffy to find a missing person in the park.

M Hey, Katie. Did you hear that Justin lost his dog, Fluffy?

W Oh, no! She's the cutest dog in the neighborhood. When did it happen?

M Justin said it happened yesterday while he was walking her in the park.

W Hmm... . We have to help him find Fluffy as soon as possible.

M Yeah. Some of the neighbors heard about it, and they are worried.

It seems that putting up posters will alert others that Fluffy is missing, too.

W That's a great idea. Let's go make some posters right away.

M Yeah, I have a feeling that it won't be long before we find Fluffy.

M Hi, Emily. How are your preparations for the upcoming dance performance coming along?

W Overall, it's going alright, Mr. Brown. But I still feel unsure about a few dance steps.

M Oh? What seems to be the problem?

W Well, I just don't seem to move well with the music. My heel turns are awkward.

M I'm sorry to hear that.

W I might have to change the music.

What would you do if you were me?

M Well, I wouldn't change the music since you don't have much time left.

W You're right. Changing the music isn't a good idea at this moment.

M Why don't you come over to my office tomorrow afternoon? I'll give you some ideas about how to improve your heel turns.

W Thank you very much, Mr. Brown. I'll see you tomorrow.



B Put the sentences in order and practice the dialog with your partner.

3

- ① Andrew, I dropped my sister's favorite doll house, and it broke into pieces.
- ② You should have been more careful. Does she know?
- ⑥ Don't worry. I'll help you if you need a hand.
- ⑤ That would be impossible because I've never built a doll house in my life.
- ④ It seems to me it would be better to tell her about it and build a new one for her.
- ③ No. What would you do if you were in my shoes?

Teaching Tips 대화를 완성한 후 완성된 대화를 바탕으로 파트너와 직접 대화를 해 보도록 지도한다. 이때, 문장을 보며 읽기보다는 내용의 흐름에 주목해서 자신의 말로 대화를 나눌 수 있도록 지도한다.



C Read the passage and answer the questions.

A professor walked around on a stage while teaching. She raised a glass of water and asked, "How heavy is this glass of water?" Students shouted out various answers. She replied, "From my perspective, the weight of this glass doesn't matter. ㉠ It all depends on how (A) I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour, ㉡ it may make my arm ache. If I hold ㉢ it for an entire day, my arm will likely cramp up, which will force me to eventually drop the glass. In each case, the weight of the glass doesn't change, but the longer I hold ㉣ it, the (B) it feels to me."

4 Which pair of words best fits in (A) and (B)?

- | | | | |
|-------------------|-----|--------------------|-----|
| (A) | (B) | (A) | (B) |
| ① long – lighter | | ✓ ② long – heavier | |
| ③ often – lighter | | ④ often – heavier | |

5 Which underlined word is referring to something different? ㉠

해설 ㉠은 '물건의 무게감'을 의미하고, 나머지는 '물건'을 의미한다.



D Read the passage and write your answers.

The little boy felt proud and important. "I can beat anyone!" cried the little boy. After hearing this, the wise man said to him, "Now I present two new challengers to you." Behind him was an elderly lady and a blind man. "Race!" said the wise man. The race began, and the boy was the only finisher because the elderly lady and the blind man were left standing at the starting line. The little boy noted that the crowd did not cheer for him this time, which puzzled him.

6 Rewrite the underlined sentence in the grammatically correct form.

→ Behind him were an elderly lady and a blind man.

해설 도치된 문장에서 주어는 an elderly lady and a blind man이므로 was를 were로 고쳐야 한다.

7 Why didn't the crowd cheer for the boy?

→ **Sample** He only cared about winning the race and did not consider his competitors who were in need of help.

✓ **Self-check** Which question(s) did you miss?

Listening	Speaking	Reading	Writing
1	2	3	4
5	6	7	

What do you need to review?:

My Learning Log

Looking back at what I learned in this lesson will help me become a better learner!

Look through the Self-checks and Peer-checks, and rate your learning below.



My Learning

I have realized that my own perspective can determine the way I live.	☹️ 😐 😊
I had a chance to think about how I get along with my friends and family.	☹️ 😐 😊
Overall, this lesson has positively affected the way I think.	☹️ 😐 😊

- ▶ What is the most important thing you have learned in this lesson?

ex) *Through this lesson, I have been able to think about my own attitude toward my life.*

Sample In this lesson, I realized that I can change the way I see my problems!



My Attitude

Did I have an overall plan for this lesson?	☹️ 😐 😊
Did I make connections between my learning and my life?	☹️ 😐 😊
Did I work well with my partners and group members?	☹️ 😐 😊

- ▶ What will you do differently next time?

ex) *I need to think about others' feelings more when working with them.*

Sample I will skim through the whole lesson before class begins. I think this will help me better prepare for the class.

10차시
수업 자료

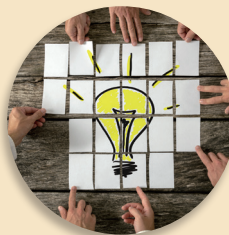
스마트 교수자료 / board,
color pens and pencils

STEP 1

Gather & Discuss

Make a group of three. Talk with your group members about the bad habits or qualities you have and how you will change them.

- ** One person writes down what the members say during the discussion.



STEP 2

Make & Decorate

- Each group makes a resolution board by gathering members' resolutions.
- Decorate the board with an attractive title and visual aids.

- ** Make sure the resolutions are clear, specific, and achievable!

STEP 3

Present

Present the board to your classmates and post it on the classroom wall.



Teaching Tips 모둠원과 대화 시 활용 가능한 질문

- Do you have any bad habits you want to break?
- What are some qualities of yours that you want to change?
- How can you break those habits?

5 Resolutions to Change My Life

1. Become an early bird!
2. Laugh out loud at least once every day! (smiley face icon)
3. Save a quarter of my pocket money!
4. Try to say "I love you" to Mom and Dad!
5. Help my friends if they need help!

Different Me! Different Life!

1. Praise myself at least once every day!
2. Do not eat after 9 p.m.
3. Skim through what I learned right after each class.
4. Stretch my neck and shoulders during lunch break.
5. Say "Everything will be alright" when I'm down. (crying face icon)

Hi, everyone. I want to share my group's resolutions with all of you. We've decided to do five things to change our lives. First we'll become early birds ... Laughing out loud every day is our second resolution ...



Overview 이 글은 조로증(progeria)이라는 희귀병에 걸린 Sam Berns라는 소년의 편지글이다. 소년은 편지글에서 자신이 깨달은 삶에 있어 의미 있고 중요한 것을 친구들에게 말하고 있다.

A Letter from My Heart



October 25th, 2013

To my beloved friends,

I'm happy to have a chance to write this letter as I have just turned 17.
 You've probably noticed that I look much older than you. The illness I've suffered from since I was born has aged my body much faster than normal people, and I don't know how many more years I will have. Through this letter, I'd like to share with you a few things I've learned about life before it's too late.

First, try to be OK with what you ultimately CAN'T do. There is so much you CAN do. I can't do hard physical activities like running long distances. Instead, I choose to focus on the activities I can do and I feel passionate about.

Second, surround yourself with people you want to be around. I feel most alive when I'm surrounded by those I love. Remember to appreciate and love the people around you, which will make a truly positive impact on your life.

Last but not least, keep moving forward. I try hard not to feel bad for myself. Whenever I feel down, I accept and acknowledge my feelings so that I can move past them. Don't look backwards for too long, but try to have something to look forward to. Please take the time to think over my words. I hope they can guide you through hardships you might face in your life.

With love,
 Sam



A Little Biography

Sam Berns (1996-2014)

Born on October 23rd, 1996, Sam died on January 10th, 2014 at age 17. He suffered from progeria, a genetic disorder whose symptoms include a bigger head, tight skin, loss of hair, and limited growth.

해석 내 마음의 편지

사랑하는 친구들에게

막 17살이 된 지금 내가 이 편지를 쓸 수 있는 기회를 가지게 되어 기뻐. 너희들은 아마도 내가 너희들보다 훨씬 더 나이 들어 보인다는 것을 알아차렸을 거야. 내가 태어난 이후로 알아 왔던 질병이 나의 신체를 보통의 사람들보다 훨씬 더 빠르게 노화시켰고, 나는 내가 몇 년이나 더 살지도 모르겠어. 이 편지를 통해 나는 너무 늦기 전에 내가 삶에 관해 깨닫게 된 몇 가지를 너희들과 공유하고 싶어.

첫째로, 너희들이 결국 할 수 없는 것들에 대해 편안해지려고 노력해 봐. 너희들이 할 수 있는 것들이 많이 있어. 나는 장거리를 달리는 것과 같은 힘든 육체적인 활동들은 할 수 없어. 대신 나는 내가 할 수 있고 내가 열정을 느끼는 활동들에 집중하기로 했어.

두 번째로, 내가 함께 있고 싶은 사람들로 네 주변을 채워 봐. 나는 내가 사랑하는 사람들과 함께할 때 가장 살아있다는 것을 느껴. 너 주변의 사람들에게 감사하고 사랑하는 마음을 가지려고 해 봐. 그러면 이것이 너의 삶에 진정으로 긍정적인 영향을 미칠 거야.

마지막이지만 그에 못지않게 중요한 건, 계속해서 앞으로 전진하는 거야. 나는 나 자신에 대해 실망하지 않으려고 정말 노력해. 우울할 때마다, 나는 그 감정들을 극복해서 나아갈 수 있도록 나의 감정들을 받아들이고 인정해. 너무 오래 뒤를 돌아보지 말고, 기대할 수 있는 무언가를 가지려고 노력해 봐. 내 말들에 대해 곰씹어 생각해 볼 시간을 좀 내어 보렴. 나는 나의 말들이 너희들이 인생에서 맞닥뜨릴지도 모르는 역경을 극복해 나가도록 너희들을 이끌어 줄 수 있기를 희망해.

사랑을 담아, Sam

Try to be OK with what you ultimately CAN'T do. / Surround yourself with people you want to be around. / Keep moving forward.

Q1 What are the three things Sam wanted to tell his friends?

Q2 Discussion Of the three lessons Sam gave, which one do you find most meaningful?

Sample The second lesson is most meaningful to me because being around people I love always gives me energy whenever I'm in a bad mood.