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‘Working On Me’ – Young Post Front Page

Five words to look up in the dictionary

- Angst
- Mindset
- Key (noun, but not the kind you use on a door)
- Contemplate
- Rapport

Questions:

1. What is a ‘growth mindset’?
2. According to Dr Kwok, what are the four parts of your body you can use to practice gratitude?
3. As a way to build harmonious relationships, what makes a ‘constructive response’?

‘A Mountain Biking Escapade on Singapore’s Trails of the Unexpected’ – SCMP pg B11

Five words to look up in the dictionary

- Escapade
- Compact
- Lush
- Adrenaline
- Impetus

Questions:

1. Is Chestnut Nature Park suitable for expert bike riders? Why/ why not?
2. What advice would you give to an inexperienced rider about to try the Bukit Timah trail? Why?
3. What makes the Ketam Bike Park ‘completely different’?

EXTENSION QUESTION: Which bike trail would you most like to try? Why?