

## Self-improvement



<b>endurance</b> , like long-distance running.	I don't mind doing exercise, but I find it difficult to <b>keep it</b>	<b>up</b> for longer than a couple of weeks.	I have a great <b>personal</b>
<b>trainer</b> who helps motivate me when I work out.	I think a lot of new diets <b>do more harm</b>	<b>than good.</b>	Travel is the best way to <b>broaden</b>
<b>your horizons.</b>	<i>I know someone who is doing a <b>rigorous</b></i>	<b>training programme</b> to prepare for running a marathon.	I'd like to do weight training to <b>tone</b>
<b>up</b> my muscles.	In my country, all food packing must include <b>nutritional</b>	<b>information</b> – it's the law.	I don't agree with alternative medicine. I think the effects are <b>purely</b>
<b>psychological</b> – they don't actually work.	Seeing how some people live in poverty helps to give you a <b>sense</b>	<b>of perspective</b> about your own problems.	I used to be really shy, but learning a new skill helped me to <b>develop</b>
<b>my self-esteem.</b>	I use a great <b>fitness</b>	<b>app</b> on my mobile phone. It helps me set and reach achievable goals.	I think yoga and t'ai chi <b>suit some people</b>
<b>more than others.</b> Personally I don't enjoy things like that.	I really need to go on a diet. Over the last few years I've steadily <b>put</b>	<b>on weight.</b>	If you want to succeed in something, the first step is to <b>believe</b>
<b>in yourself.</b> If you don't, nobody else will.	I think that maintaining your <b>mental</b>	<b>well-being is as important as the physical side.</b>	I like doing exercise which <b>tests my</b>

## Instructions

*You will need: one set of dominoes per pair*

- Students work in pairs. Give one set of dominoes to each pair and ask them to share them out equally.
- One student places a domino face up in front of himself/herself and the other student places one of his/her dominoes at either end of the first domino to complete the sentence. Students take it in turns to put down their dominoes at either end of the chain.
- If a student thinks his/her partner's sentence is not correct (the verbs and the particles don't match), he/she can challenge the other student. If the sentence is incorrect or if a student cannot make a sentence, the turn passes to his/her partner.
- The game continues until one student has used up all his/her dominoes or until neither student can make a correct sentence. The student who finishes first or has the fewest dominoes remaining wins.