

This week, I decided to challenge myself and do something I have never done before: run five kilometers without stopping. The first few minutes felt easy, but after that, my legs started to feel heavy and tired. Even so, I kept going by thinking about my favorite music and constantly telling myself that I could do it. At one point, I really wanted to give up and start walking, but then I saw the finish line—which was the big tree in the park—and I ran as fast as I could toward it. When I finally stopped, I was completely out of breath, but I felt like a champion. I had achieved my goal, and that experience taught me that I can do hard things if I truly try.

Reading activities

1. What challenge did the writer decide to do this week?

2. How did the writer feel in the first few minutes of running?

3. What happened to the writer's legs after the first few minutes?

4. What two things did the writer do to keep going?

5. What did the writer use as the finish line?

6. What lesson did the writer learn from this experience?
