

# challenging

adjective

► Say it: chal • leng • ing

#12

Write it: \_\_\_\_\_

Academic Vocabulary Toolkit

Meaning	Example
difficult or requiring a lot of effort	Yoga may look _____, but it's actually very <b>challenging</b> .



form

- **Noun:** challenge
- **Verb:** challenge

### Word Partners

- \_\_\_\_\_ task
- find something \_\_\_\_\_
- most \_\_\_\_\_

If you are assigned a **challenging** task in class, you should ask your teacher or a classmate for help.

I **find dancing challenging** because I don't have any rhythm.

The **most challenging** part of being a student is balancing your school and social lives.

## Verbal Practice

**Read** each sentence and **think** about how you would complete it.

**Discuss** your idea with your partner using the sentence frame.

**Listen** carefully to your partner's and classmates' ideas.

**Write** your favorite idea in the blank.

- 1 \_\_\_\_\_ is the most **challenging** activity I've ever tried.
- 2 Trying to juggle personal responsibilities, such as \_\_\_\_\_ and \_\_\_\_\_, can be **challenging**.

## Writing Practice

Work with your partner to complete the sentence using **challenging** and appropriate content.

One of the most \_\_\_\_\_ issues facing young people today is \_\_\_\_\_ because it \_\_\_\_\_.

Work independently to complete the sentence using **challenging** and appropriate content.

I recently completed a \_\_\_\_\_ project for school—I had to \_\_\_\_\_.

Work independently to write two sentences. In your first sentence, use **challenging** with a *plural noun*. In your second sentence, use **challenging** with the word partner *challenging task*.

① \_\_\_\_\_  
\_\_\_\_\_  
② \_\_\_\_\_  
\_\_\_\_\_

Adjectives do not have plural forms. Do not add an -s to adjectives when they describe plural nouns.

challenging activities  
loud dogs

Complete the paragraph using **challenging** and original content.

Challenging yourself is an \_\_\_\_\_ ① part of life because it can help you grow as a person. There are many \_\_\_\_\_ ② tasks that students encounter in their everyday lives that are actually quite rewarding. For example, a major school project like a \_\_\_\_\_ ③ might seem challenging at first, but after you complete it, you'll have a great feeling of accomplishment. Some students even like to \_\_\_\_\_ ④ themselves by doing crossword puzzles, guessing the \_\_\_\_\_ ⑤ on game shows, and completing quizzes online. These types of \_\_\_\_\_ ⑥ activities train your brain to think in new ways and may even help you perform better in school. So, the next time that a task seems too \_\_\_\_\_ ⑦, try to see it as a challenge rather than a problem.