

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 challenging .



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.