

96.05.06 Workshop FRI SP Session 16 Broaden & Build

Telegram Channel: @sabaitc

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1. **Provide** you with an example = give you
2. What I would like to do is ...
3. Lead to the development of ...
4. **meeting** the life challenges = deal with
5. Take joy for instance
6. Instinctively have the **urge** to play = feel like
7. This can **apply** to schoolchildren = it is true
8. The Initial motivation
9. May be **solely** to enjoy oneself = only
10. Build a variety of resources
11. Increase physical fitness
12. Overall health
13. Promote future survival
14. They involve a certain amount of strategy
15. By engaging in sports
16. Problem solving skills are **likewise** enhanced = in the same way
17. It can be put to future use = be used
18. Social contact = meeting friends and people
19. Which can in turn build social skills
20. Group interactions
21. Form the basis for ...
22. A social network that can end up being of great value
23. In times of distress = در مواقع پریشان حالی و درماندگی
24. Psychological resources
25. It can give you a new skill set
26. Enhance self esteem
27. Fun adds to positive feelings
28. An optimistic **outlook** = attitude
29. It can **buffer** you against future adversity = protect

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Good luck!

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