

Morning Sharing 21st Sept 2022

CHAN KWAN TING _ 6A



PRAYER

**In the name of the Father,
and of the Son, and of the
Holy Spirit, Amen.**



**In this new term, O God, let my
work take inspiration from you**

**During the next few months, help
me make the most of my chances**



**Help me to be pleasant to teach
and a pleasant person to know**

**If I do well in my work, remind me
not to boast**



If I do badly, help me not to give up.

I pray that my enthusiasm may not wane, and that I may work hard, play hard all through this term.



**In the name of the Father,
and of the Son, and of the
Holy Spirit, Amen**



My favourite sport

BOULDERING



Bouldering is a form of free climbing that is performed on small rock formations or artificial rock walls without the use of ropes or harnesses.



I learnt bouldering during the pandemic and it is not an easy sport. I fell off the wall numerous times before getting the hang of it



Bouldering has helped me to grow both physically and mentally. Having a comprehensive plan before any action is one of the things I have learnt from bouldering.



I have to search for a feasible route before climbing and reaching the top. This helped me to develop good habit like planning carefully before every action.



Bouldering helped to enhance my endurance. Once I have decided to reach the top of the wall, I have to fight against the pain and the resistance from gravity.



Bouldering has helped me in learning ways to develop a comprehensive plan and resisting other forms of entertainment while preparing for my HKDSE.



I would like to use this opportunity to encourage all students to start planning ahead to achieve your dreams.



Vocabulary:

- 1. Feasible**
- 2. Bouldering**
- 3. Habit**
- 4. Climbing**
- 5. Enhance**
- 6. Endurance**



**THANK
YOU**

