

TAKEHOME



Can you learn to persevere?

In the news this week

Scottish runner, Jasmin Paris, has become the first female runner to complete what is thought by many to be the world's toughest race. Jasmin is one of only twenty people to have successfully completed the Barkley Marathons in Tennessee, USA. She crossed the finish line in March with less than 100 seconds to spare before the 60-hour cut-off time. Jasmin said she wanted to inspire others and test the limits of her capabilities.

Things to talk about at home ...

- > Can you imagine how Jasmin might have felt when she finished the event? Make a list of the different feelings you believe she may have had.
- > Can you think of a time when you found something really difficult? Were you able to complete the challenge or task? Talk about the experience and what you learned from it.

Please note any interesting thoughts or comments

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