

ZEST

**Someone with ZEST:**

* Actively participates
* Shows enthusiasm
* Approaches new situations with excitement and energy

**SEARCHING FOR ZEST:**

1. **Brainstorm with a parent the names of people you know who display ZEST in their life on a regular basis. (No one can be ZESTY all the time, but think of those who show zest most of the time.)**
2. **Choose three people you would like to contact and ask the following questions (write down their answers on a piece of paper):**

*“Hello \_\_\_\_\_\_\_\_\_\_\_,*

*My school assignment is to think of people I feel have zest.* ***Zest is actively participating, showing enthusiasm, and approaching new situation with excitement and energy.*** *You are one of the people I thought of. May I ask you two questions?”*

* 1. What gives you energy and excitement for life?
	2. Is **zest** important to you? If yes, could you tell me why?
1. **Compare the answers of each person and create one paper-slide that teaches how to have zest.**