



Sleep

Lesson 1





Vocabulary list



Lesson vocabulary

Let's learn new words
for today's lesson.



alarm clock



morning person



snore



yawn

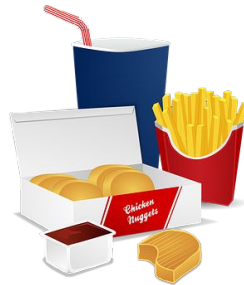


Lesson vocabulary

Let's learn new words
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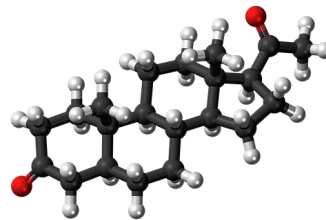
medicine



junk food



immune system



hormone

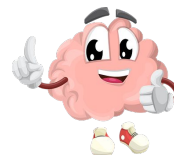
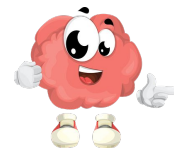




Warm up



Question time



Name people that work in the following buildings...



Hospital



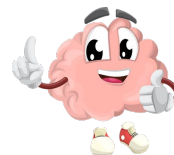
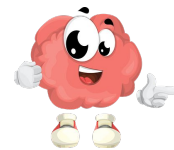
School



Office



Question time



Name animals that live in the following environments...



Jungle



Desert



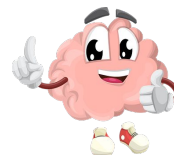
Ocean



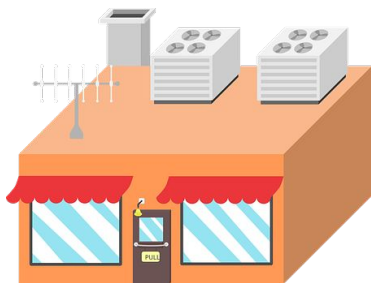
Arctic



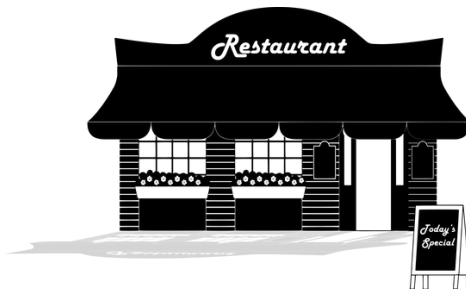
Question time



Name things you can buy at the following places...



Supermarket

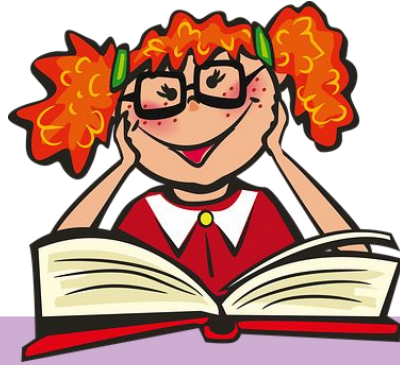


Restaurant



Pharmacy





Vocabulary



Sleep vocabulary

Match the word from the box to the correct definition!



alarm clock

snore

nightmare

morning person

yawn

1. _____: the sound a person makes while they are asleep.
2. _____: a device that makes noise at a specific time to wake a person.
3. _____: a person who likes the morning and has a lot of energy in the morning.
4. _____: a scary dream.
5. _____: to open your mouth and breathe in because of tiredness or boredom.



Check your answers

How many did you get right?



alarm clock

snore

nightmare

morning person

yawn

1. **Snore:** the sound a person makes while they are asleep.
2. **Alarm clock:** a device that makes noise at a specific time to wake a person.
3. **Morning person:** a person who likes the morning, and has a lot of energy in the morning.
4. **Nightmare:** a scary dream.
5. **Yawn:** to open your mouth and breathe in because of tiredness or boredom.



Sleep vocabulary

Complete the sentences!



alarm clock

snore

nightmare

morning person

yawn

1. Last night I had a _____ about failing my English exam.
2. I set my _____ to 8:00 am every morning.
3. I always _____ in maths class because I think the class is boring.
4. John _____ very loudly so his wife sleeps in a different room.
5. My sister is a _____. She wakes up early every day and goes to the gym.



Check your answers

How many did you get?



alarm clock

snore

nightmare

morning person

yawn

1. Last night I had a **nightmare** about failing my English exam.
2. I set my **alarm clock** to 8:00 am every morning.
3. I always **yawn** in maths class because I think the class is boring.
4. John **snores** very loudly so his wife sleeps in a different room.
5. My sister is a **morning person**. She wakes up early every day and goes to the gym.



Sleep vocabulary

Answer the questions!



alarm clock

snore

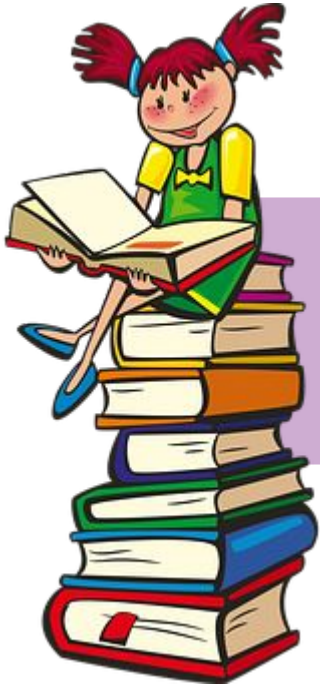
nightmare

morning person

yawn

1. Do you use an alarm clock?
2. Do you know anyone that snores?
3. Describe a nightmare you've had.
4. Are you a morning person?
5. Do you ever yawn at school?





Picture round





Describe the picture

Read and
answer the
questions!



- What things can you see in the picture?
- What time do you think it is?
- Do you think the boy is snoring?
- What time do you go to sleep at night?
- Describe your bedroom.



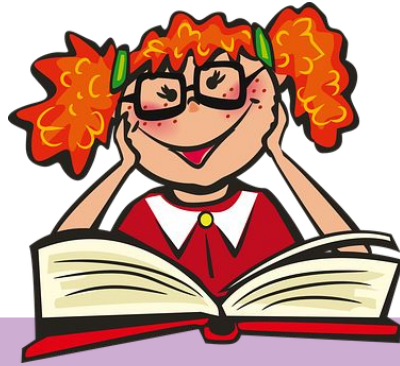
Describe the picture

Read and
answer the
questions!



- What is happening in the picture.
- What time do you think it is?
- Do you think the boy is a morning person?
- What time do you wake up in the morning?
- Describe the boys' clothes.

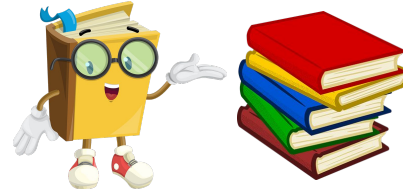




Future Tense - 'going to'



Grammar: 'going to'



There are two main situations where we use 'going to' to talk about the future.

Prior plans

Express future plans which have been decided before the time of speaking.

Example: I am going to visit my uncle on Friday.

Predictions with evidence

Express a prediction based on current evidence.

Example: Look at those black clouds, it is going to rain.



Let's study the table



Positive statements using "going to"

I	am	going to	+ infinitive
You	are		
He	is		
She	is		
It	is		
We	are		
They	are		

Task:

Create your own sentences using the structure from the table.



Future tense: 'going to'

Complete the sentences. Use the contraction.



1. Sarah _____ (wear) a dress tomorrow.
2. They _____ (buy) a coffee from Starbucks.
3. He _____ (eat) donuts for breakfast.
4. Jack and John _____ (study) after lunch time.
5. Richard _____ (write) a book next year.
6. She _____ (drive) home after work.



Check your answers

How many did you get?



1. Sarah **is going to** wear a dress tomorrow.
2. They **are going to** buy a coffee from Starbucks.
3. He **is going to** eat donuts for breakfast.
4. Jack and John **are going to** study after lunch time.
5. Richard **is going to** write a book next year.
6. She **is going to** drive home after work.



Fix the mistakes

Each sentence has a mistake.
Can you find and correct them?



1. Hannah are going to read a book tonight.
2. Thomas is going walk to school tomorrow.
3. Paul is going to running to work on Monday.
4. You is going to like the new James Bond film.
5. He am going to drinks a coffee after the lesson.
6. I is going to draw a picture of my house.



Check your answers

How many did you get?



1. Hannah is going to read a book tonight.
2. Thomas is going to walk to school tomorrow.
3. Paul is going to run to work on Monday.
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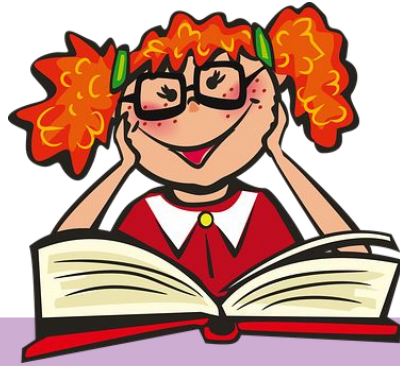
Future tense: 'going to'

Answer the questions below
using 'going to' correctly.



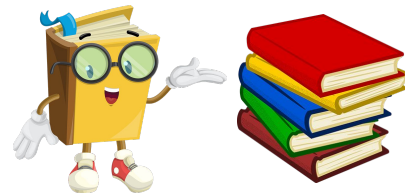
1. What are you going to do after this lesson?
2. What are you going to do at the weekend?
3. What time are you going to wake up tomorrow?
4. What are you going to eat for breakfast?
5. Are you going to study English tomorrow?
6. Are you going to go to bed early tonight?





The benefits of sleep





The benefits of sleep

1. Sleep can improve your immune system.

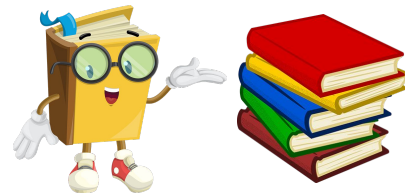
When your body gets enough sleep, your immune system gets the rest it needs to fight off illnesses such as a cold or the flu. According to experts, getting enough sleep can also make vaccines and medicines more effective, which is obviously a positive.

True or False:

- Sleep can prevent illness such as cold and the flu.
- Sleep does not make vaccines more effective.



Check your answers



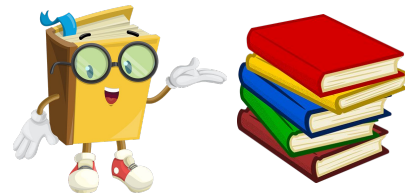
1. Sleep can improve your immune system.

When your body gets enough sleep, your immune system gets the rest it needs to fight off illnesses such as a cold or the flu. According to experts, getting enough sleep can also make vaccines and medicines more effective, which is obviously a positive.

Answers:

- True - Sleep can prevent illness such as; cold and the flu.
- False - Sleep does not make vaccines more effective.





The benefits of sleep

2. Sleep can stop weight gain.

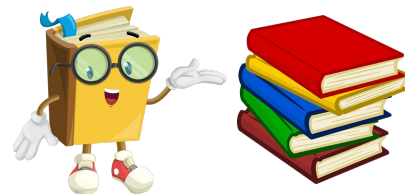
Eight hours of sleep will not result in weight loss on its own, but it will keep your body from gaining weight. That is because if you don't get enough sleep, your body produces a chemical that makes you feel hungry. Plus, when you don't sleep enough, you get more stressed, so you are more likely to eat junk food.

Questions:

- Do you sleep for 8 hours every night?
- Do you eat junk food when you are tired?



The benefits of sleep



3. Sleep can strengthen your heart.

Not getting enough sleep can lead to heart problems. That's because a lack of sleep can cause your body to release a stress hormone that makes your heart work harder. This is bad because your heart needs rest in order to work correctly.

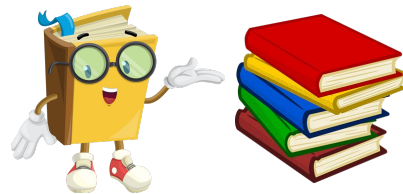


Find synonyms of the following words:

- Issues
- Properly



Check your answers



3. Sleep can strengthen your heart.

Not getting enough sleep can lead to heart problems. That's because a lack of sleep can cause your body to release a stress hormone that makes your heart work harder. This is bad because your heart needs rest in order to work correctly.



Find synonyms of the following words:

- Issues = Problems
- Properly = Correctly





The benefits of sleep

Complete the paragraph
with the words from the box

angry

high

rested

4. Better sleep = better mood.

If you sleep well, you wake up feeling _____. Being rested increases your energy levels. When your energy is _____, life's challenges won't annoy you as much. When you're not annoyed, you're not as _____. If you're not angry, you're happy. So, go to bed early and you'll feel better!



Check your answers

How many did you get?



angry

high

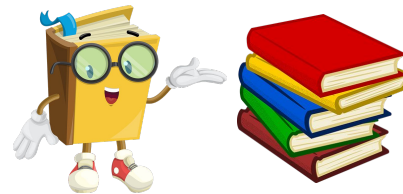
rested

4. Better sleep = better mood.

If you sleep well, you wake up feeling **rested**. Being rested increases your energy levels. When your energy is **high**, life's challenges won't annoy you as much. When you're not annoyed, you're not as **angry**. If you're not angry, you're happy. So, go to bed early and you'll feel better!



The benefits of sleep



5. Good sleep help you at school.

Not sleeping enough can have a terrible effect at school. A good night of sleep improves concentration and productivity, both of which can help you be successful at school.



Questions:

- What does sleep improve?
- Do you concentrate at school?





The benefits of sleep

Complete the paragraph
with the words from the box

accident

slows

quadruple

6. Lack of sleep can be dangerous.

You're more likely to get in a car _____ when you're driving after six hours of sleep compared to if you get a full eight hours. Sleep less than five hours and your chances of a crash _____! That's because your reaction time _____ down when your brain isn't fully rested. We don't know about you, but those statistics have us ready to get into our PJs and go to bed ASAP.



Check your answers

How many did you get?



accident

slows

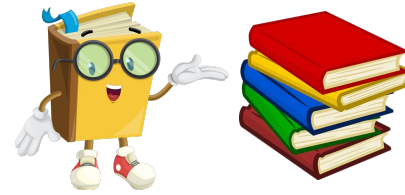
quadruple

6. Lack of sleep can be dangerous.

You're more likely to get in a car **accident** when you're driving after six hours of sleep compared to if you get a full eight hours. Sleep less than five hours and your chances of a crash **quadruple**! That's because your reaction time **slows** down when your brain isn't fully rested. We don't know about you, but those statistics have us ready to get into our PJs and go to bed ASAP.



The benefits of sleep



7. Sleep can improve physical performance.

University students studied the effects of poor sleep on basketball players, and guess what they found? When they didn't sleep well, they weren't very good basketball players. This is because sleep affects all types of physical performance. A good night's sleep helps with hand-eye coordination, reaction time, and recovery. Plus, a lack of sleep can have a negative impact on strength and power.

True or False:

- Basketball players play better when they are tired.
- A good sleep can improve hand-eye coordination.



Check your answers



7. Sleep can improve physical performance.

University students studied the effects of poor sleep on basketball players, and guess what they found? When they didn't sleep well, they weren't very good basketball players. This is because sleep affects all types of physical performance. A good night's sleep helps with hand-eye coordination, reaction time, and recovery. Plus, a lack of sleep can have a negative impact on strength and power.

Answers:

- False - Basketball players play better when they are tired.
- True - A good sleep can improve hand-eye coordination.



The benefits of sleep



8. Sleep improves memory.

Even though sleep gives your body the rest it needs, your mind is still hard at work. It's actually processing your memories from the day. If you don't get enough sleep, who knows where those memories go? Or worse, your mind might actually create false memories!

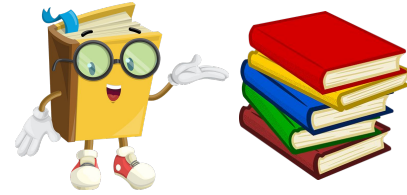


Find synonyms of the following words:

- Brain
- Fake



Check your answer



8. Sleep improves memory.

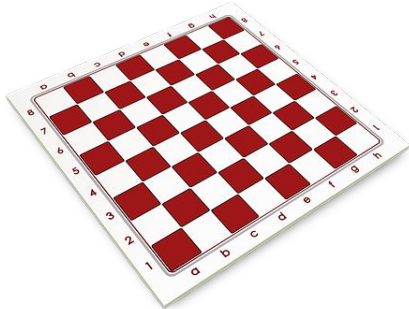
Even though sleep gives your body the rest it needs, your mind is still hard at work. It's actually processing your memories from the day. If you don't get enough sleep, who knows where those memories go? Or worse, your mind might actually create false memories!



Answers:

- Brain = Mind
- Fake = False

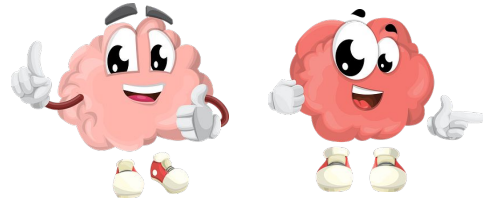




Board Game



Teacher's notes:



- For this game, you need dice. If you don't have any - follow the link provided for an online dice roller: [Dice Roller](#).
- The first player to reach the last tile wins.
- Move forward with the roll of the dice. Each time someone falls on a number - they must answer the corresponding question.
- Make sure that your students speak as much as possible and use full sentences!
Enjoy!





1 Name a device that wakes you in the morning.	2 Name 1 benefit of sleeping.	3 True or False: Sleeping is bad for your heart.	4 Ask your teacher a question!	5 What are you going to eat tomorrow?
6 How many hours do you sleep at night?	7 Ask your teacher a question!	8 What is the word for a bad dream.	9 Name another benefit of sleeping.	10 Name a person who snores.
11 True or False: Sleep improves your memory.	12 Are you going to school tomorrow?	13 Ask your teacher a question!	14 What are you going to drink tomorrow?	15 Name another benefit of sleeping.
16 Ask your teacher a question!	17 True or False: Sleep can improve your mood.	18 Do you know a morning person?	19 Name another benefit of sleeping.	20 Summarise what you learned today.





Goodbye!
See you
next time!

