



Sleep

Lesson 2





Vocabulary list

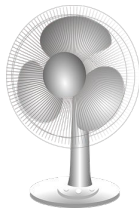


Lesson vocabulary

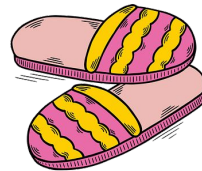
Let's learn new words
for today's lesson.



pyjamas



fan



slippers



wardrobe

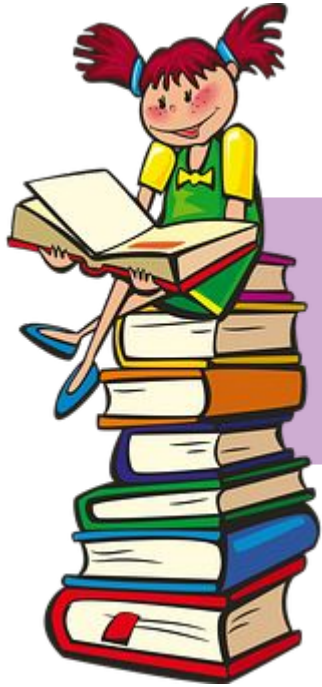


curtains



lamp

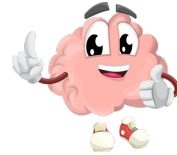




Warm up



Question time



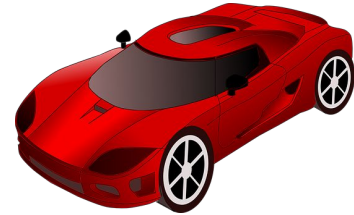
Which car do you prefer? Explain.



Car 1



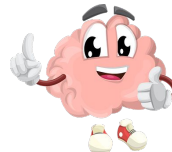
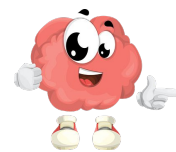
Car 2



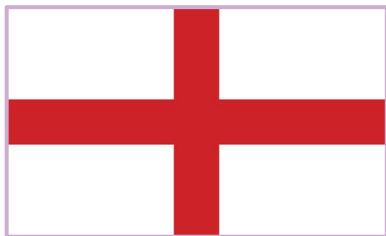
Car 3



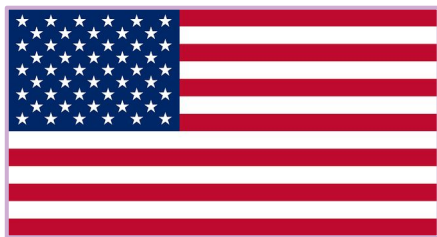
Question time



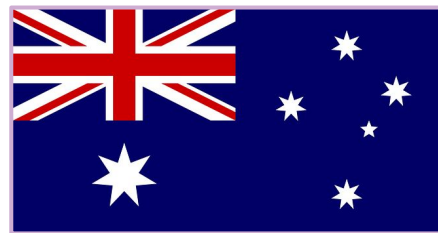
Which country would you like to visit? Explain.



England



USA



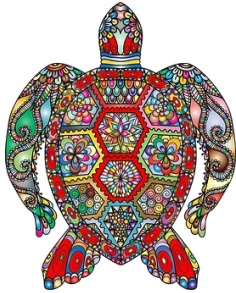
Australia



Question time



Which piece of art do you prefer? Explain.



Art 1



Art 2



Art 3





Recap



Recap lesson 1

Decide if the statements are true or false...



Sleep has a negative impact on athletic performance.

Sleep improves your memory.

A good sleep can improve your mood.



Check your answers



Great job!

Sleep has a negative impact on athletic performance.

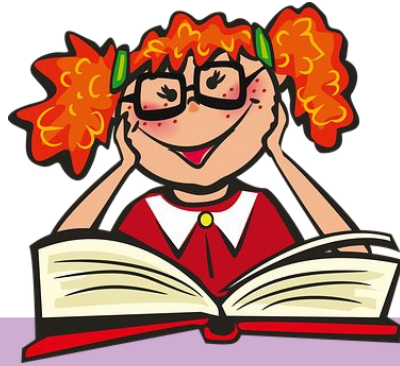


Sleep improves your memory.



A good sleep can improve your mood.





New words



New words

Match the
words to the
pictures...



fan

wardrobe

slippers

lamp

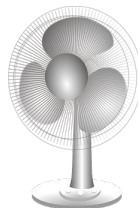
pyjamas

curtains

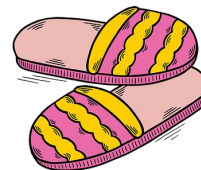
1



3



5



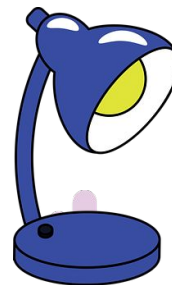
2



4



6



Check your answers

How many did you get?

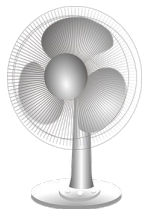


1



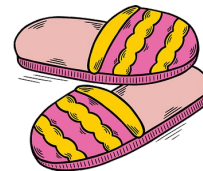
pyjamas

3



fan

5



slippers

2



wardrobe

4



curtains

6



lamp

New words

Complete the sentences!



fan

wardrobe

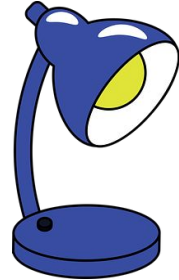
slippers

lamp

pyjamas

curtains

1. John turned on the _____ because it was dark.
2. I close the _____ at night, and open them in the morning.
3. My best friend wears _____ in bed because it is cold.
4. When it is hot, I turn on the _____.
5. My mum puts her clothes and shoes in the _____.
6. When I am inside my house, I take off my shoes and wear _____.



Check your answers

How many did you get right?



fan

wardrobe

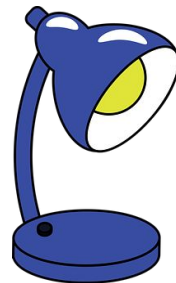
slippers

lamp

pyjamas

curtains

1. John turned on the **lamp** because it was dark.
2. I close the **curtains** at night, and open them in the morning.
3. My best friend wears **pyjamas** in bed because it is cold.
4. When it is hot, I turn on the **fan**.
5. My mum puts her clothes and shoes in the **wardrobe**.
6. When I am inside my house, I take off my shoes and wear **slippers**.



Question time

Answer the questions!



fan

wardrobe

slippers

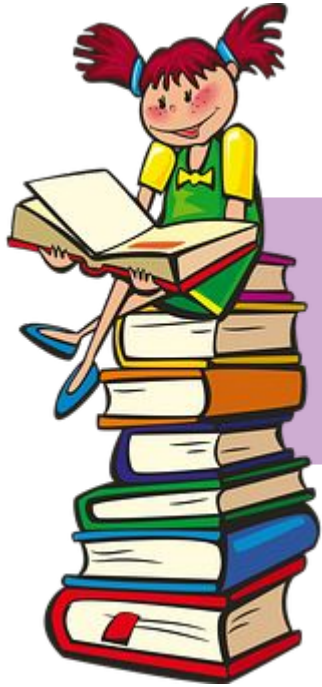
lamp

pyjamas

curtains

1. Do you have a fan and a lamp in your bedroom?
2. Describe your wardrobe.
3. Do you wear slippers?
4. Describe your curtains.
5. Are pyjamas fashionable?





Picture round



Describe the picture

Read and
answer the
questions!



- What can you see in the picture?
- Can you describe the picture?
- Why do you think the room is messy?
- Is your bedroom messy?
- Do you tidy your bedroom every day?



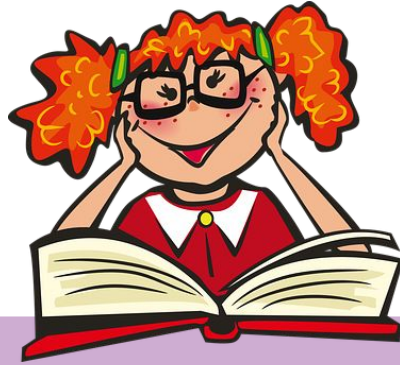
Describe the picture

Read and
answer the
questions!



- What can you see in the picture?
- What is happening?
- Why do you think he is asleep or bored?
- Have you ever fallen asleep in class?
- Where do you like to study?

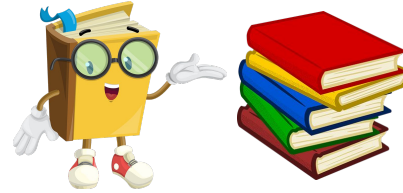




Future Tense: 'Going to'



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



Negative statements using "going to"

I	am			
You	are			
He	is			
She	is	not	going to	+ infinitive
It	is			
We	are			
They	are			

Task:

Create your own sentences using the structure from the table.



Negative future tense: 'Going to'

Complete the sentences.
Use the contraction.



1. I _____ (not / buy) that dress.
2. She _____ (not / eat) any more chocolate this week.
3. John _____ (not / do) his homework.
4. Beth _____ (not / drive) to London again.
5. Tom _____ (not / fix) the laptop.
6. Richard _____ (not / go) to the party.



Check your answers

How many did you get?



1. I **am not going to buy** that dress.
2. She **is not going to eat** any more chocolate this week.
3. John **is not going to do** his homework.
4. Beth **is not going to drive** to London again.
5. Tom **is not going to fix** the laptop.
6. Richard **is not going to go** to the party.



Fix the mistakes

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



1. She are not going to the party.
2. I is not going to wear that dress.
3. He is going to not eat the pizza.
4. Jack not going to like the new film.
5. Ana and John is not going to clean the room.
6. Chad is not going to buying anyone a coffee.



Check your answers

Did you find all the errors?



1. She **is not** going to the party.
2. I **am** not going to wear that dress.
3. He is **not** going to eat the pizza.
4. Jack **is** not going to like the new film.
5. Ana and John **are** not going to clean the room.
6. Chad is not going to **buy** anyone a coffee.



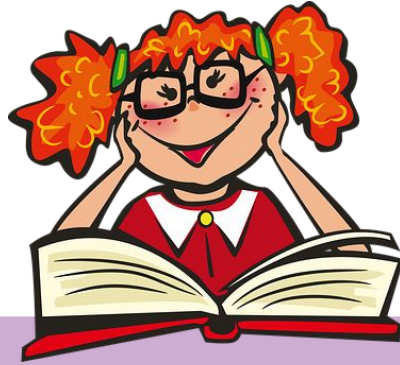
Question time

Answer the questions below
using 'going to' correctly.



1. What time are you going to bed tonight?
2. What time are you going to eat dinner?
3. What are you going to wear tomorrow?
4. What are you going to get for your birthday?
5. What are you going to do tomorrow?
6. Are you going to play video games after class?

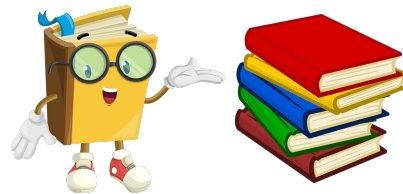




How to sleep better



How to sleep better



1. Take time to relax

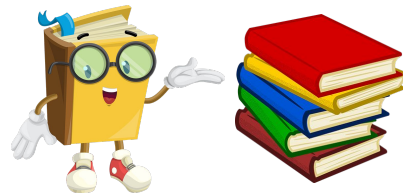
Around half of the UK population suffers from sleep problems due to stress, so it's important you take the time to relax before you go to bed. To relax, you can: take a warm bath, read a book, or listen to music.

True or False?

1. You don't need to relax before going to bed.
2. A warm bath and reading a book are great ways to relax.



Check your answers



1. Take time to relax

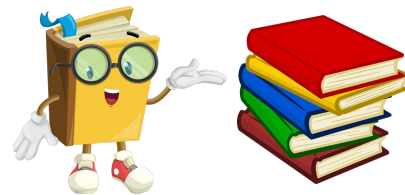
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Answers:

1. False
2. True



How to sleep better



2. Get into a routine

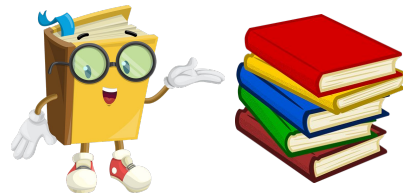
We all know that having a routine helps babies and children fall asleep at a certain time. This applies to adults because it allows your body to naturally fall asleep and wake up at certain times. Try to be strict about going to bed at a certain time, and create your own relaxation routine.

Questions:

1. Describe your bedtime routine.
2. Why do routines help you sleep?



How to sleep better



3. Avoid technology

Don't use your smartphone, computer or TV in your bedroom. Avoid looking at them for an hour before bed. These devices emit a blue light, which stops the body producing a hormone that we need to sleep.



Find a synonym for the following word:

1. Release



Check your answers



3. Avoid technology

Don't use your smartphone, computer or TV in your bedroom. Avoid looking at them for an hour before bed. These devices emit a blue light, which stops the body producing a hormone that we need to sleep.



Answer:

- Emit = Release.



How to sleep better

Complete the paragraph
with the words from the
box.



environment

temperature

comfortable

4. Create a restful environment

Make sure your bed provides the correct support and space to ensure you feel _____. Ensure that your room is the right _____ – between 16 °C and 18 °C is perfect. A tidy room, with pale colours and nice smells, can help create a relaxing _____.



Check your answers

How many did you
get right?



environment

temperature

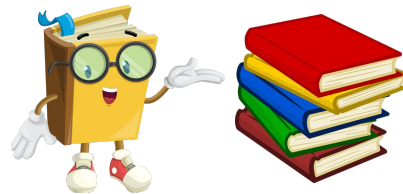
comfortable

4. Create a restful environment

Make sure your bed provides the correct support and space to ensure you feel **comfortable**. Ensure that your room is the right **temperature** – between 16 °C and 18 °C is perfect. A tidy room, with pale colours and nice smells, can help create a relaxing **environment**.



How to sleep better



5. Don't clock watch

Worrying about getting enough sleep can stop us from sleeping. Remind yourself that resting in bed and thinking nice thoughts is more productive than looking at the clock every ten minutes. If you can't stop checking your clock, try turning it around or putting it on the other side of the room.



True or False:

- Worrying about sleep can help us to sleep.
- Thinking nice thoughts is more productive than looking at the clock.



Check your answers



5. Don't clock watch

Worrying about getting enough sleep can stop us from sleeping. Remind yourself that resting in bed and thinking nice thoughts is more productive than looking at the clock every ten minutes. If you can't stop checking your clock, try turning it around or putting it on the other side of the room.

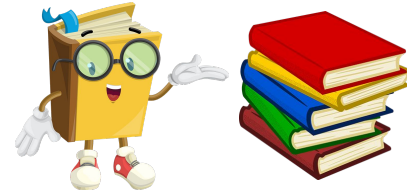


Answers:

- False
- True



How to sleep better



6. Foods for sleeping

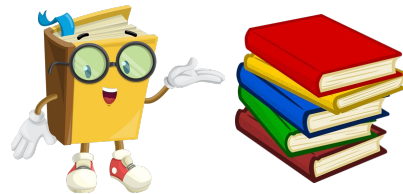
Eating healthy food improves sleep generally, but some foods are particularly beneficial, such as milk, chicken, turkey, and pumpkin seeds. They contain chemicals that are vital for the production of a hormone that helps us sleep.

Questions:

- Do you eat any of the foods mentioned?
- From the text, explain why those foods help us sleep.



How to sleep better



7. Foods to avoid

You shouldn't have spicy food, alcohol, or a large meal before bedtime. And drinking coffee in the afternoon can affect sleep. Sugary foods are bad because the energy increase can affect your natural body clock. Research has shown that, if you don't sleep well, you tend to eat junk food the next day, creating a cycle of poor sleep and bad diet.



Find synonyms of the following words:

1. Big
2. Habit



Check your answers



7. Foods to avoid

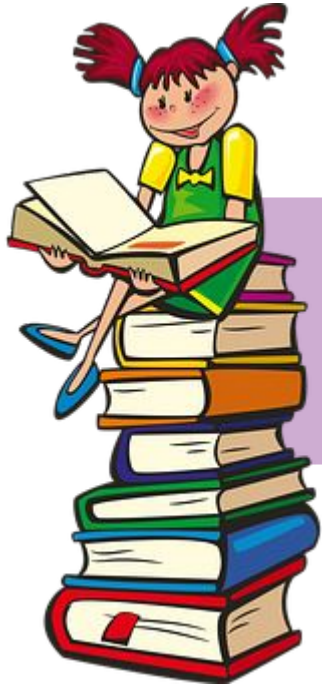
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Answers:

- Big = Large
- Habit = Cycle





Role play



Role play

Read the situations below. Then give each person advice.

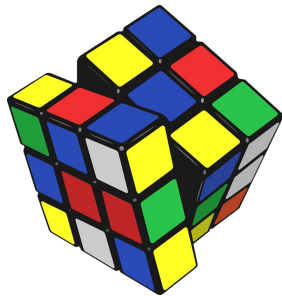


Oliver can not sleep well at night. Last night he only slept for 2 hours. How can he improve his sleep?

Jack has a bad diet. He eats a lot of sugar. He has problems getting to sleep. What foods should he eat?

Vlad uses his phone before bed. He likes to watch videos on YouTube. Now, he is having problems sleeping. What should he do?



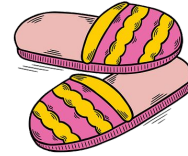
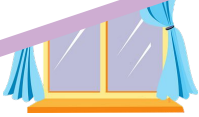


Let's play a game

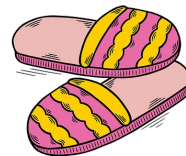
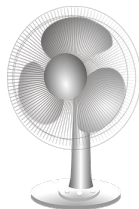


Let's play noughts and crosses!

To play you need to
say the vocabulary
from today's lesson!



Let's play noughts and crosses!





Goodbye!
See you
next time!

