Sleep

Lesson 3

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Vocabulary list

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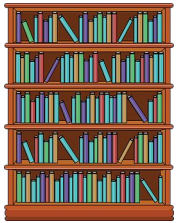
Lesson vocabulary

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

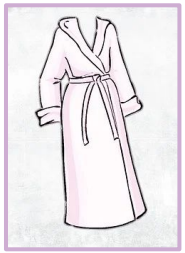
hanger

mirror

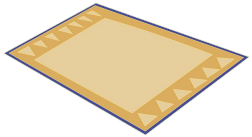


bookcase

dresser



bathrobe



rug

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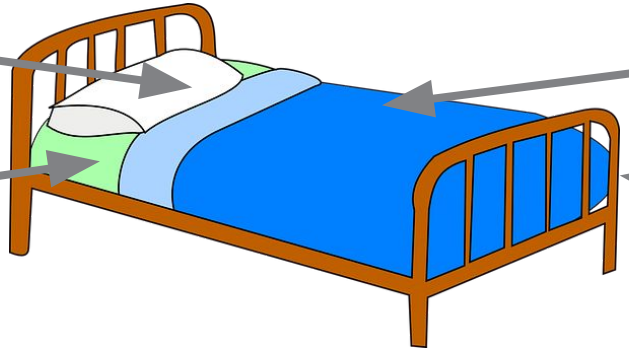
Lesson vocabulary

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

pillow

blanket



mattress

bed frame

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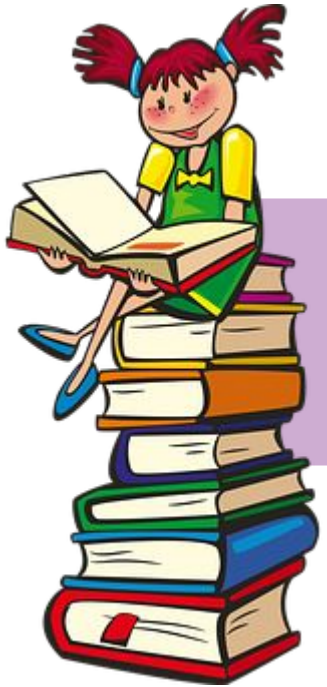

Warm up

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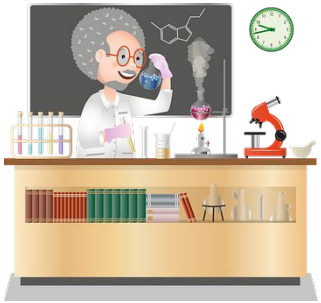
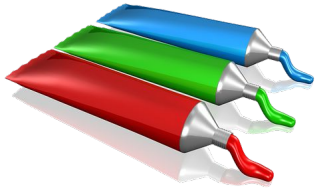
Question time

What is your favourite subject at school? Explain.

Maths



Science



Art

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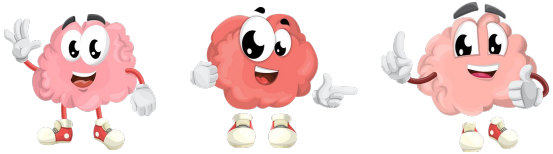
Question time



Which house would you prefer to live in? Explain.

House 1

House 2

House 3

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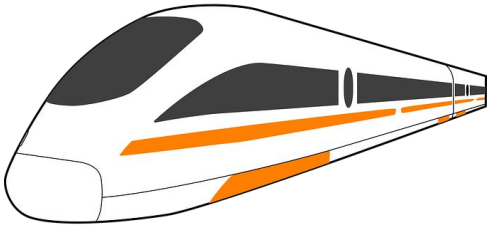
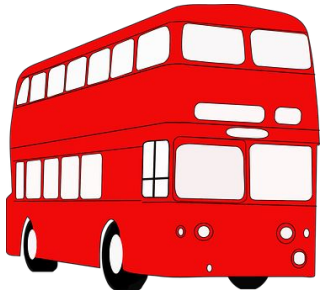
Question time

Which type of transport do you prefer? Explain.



Train

Car



Bus

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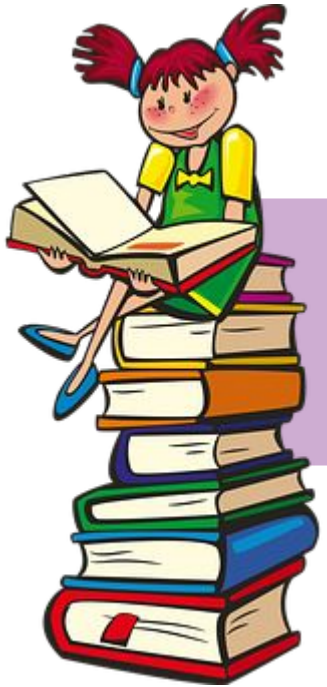

Recap

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Recap lesson 2

Decide if the statements are true or false...

You should eat sugary foods before bedtime.

Having a routine will help you to sleep better.

You should avoid using technology before bedtime.

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Check your answers

Great job!

You should eat sugary foods before bedtime.

Having a routine will help you to sleep better.

You should avoid using technology before bedtime.

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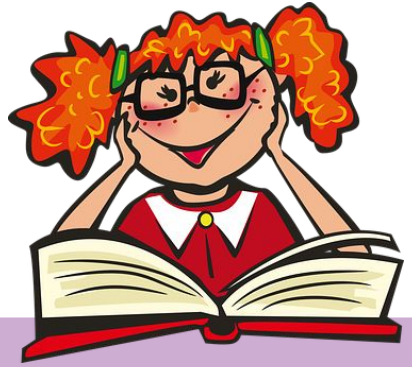

Vocabulary

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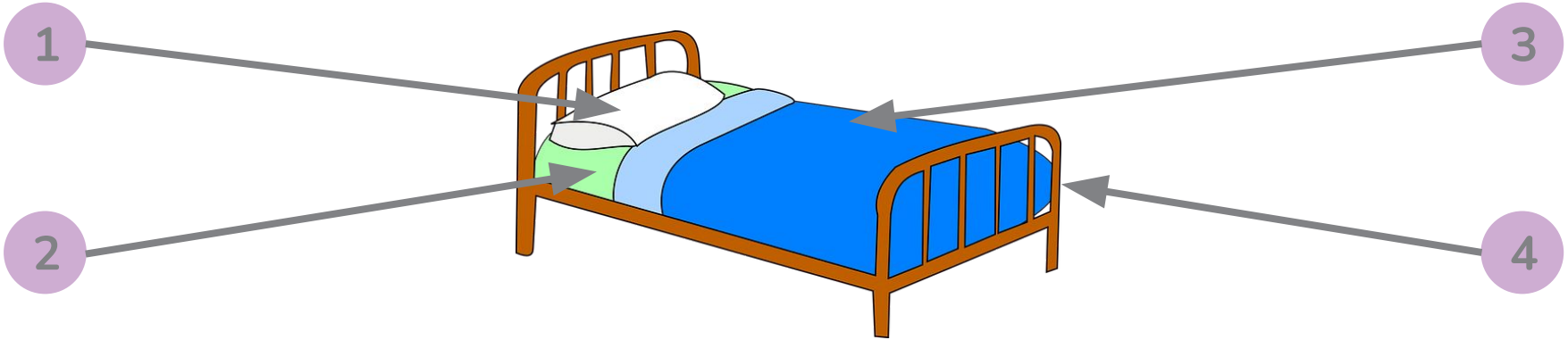
New words

Match the words from the box to the picture...

pillow bed frame blanket mattress



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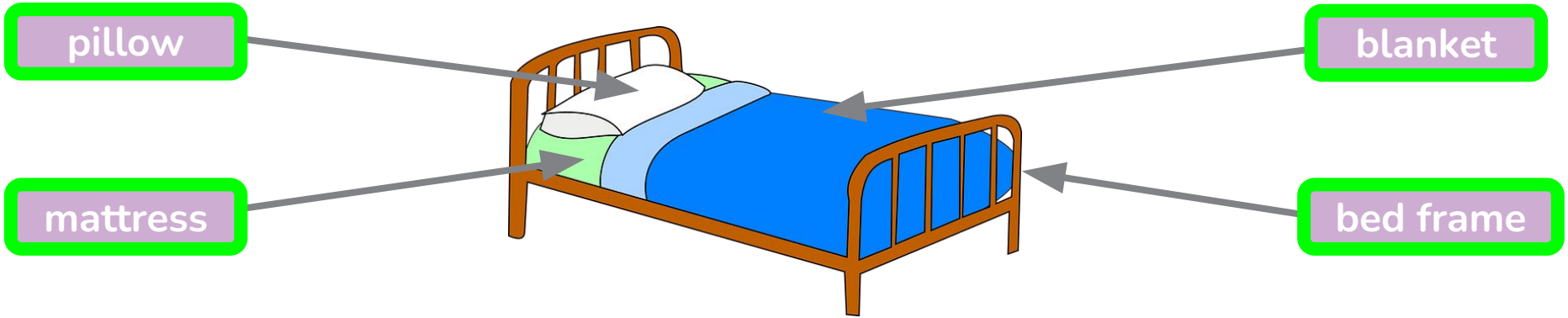
Check your answers

How many did you get right?

pillow bed frame blanket mattress



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New words

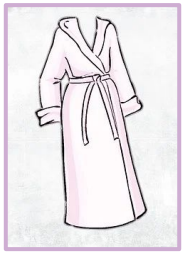
Match the words to the pictures...

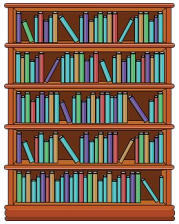
dresser bathrobe bookcase rug mirror hanger

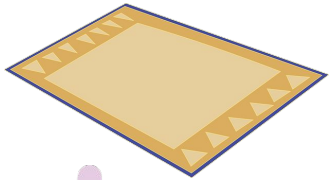
1

2

3

4 

5 

6 

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Check your answers

How many did you get right?

1

hanger

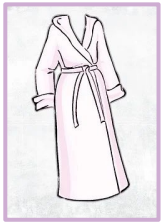
2

dresser

3

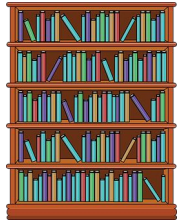
mirror

4



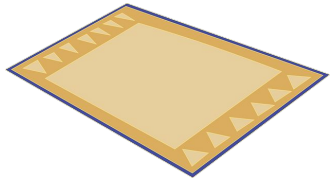
bathrobe

5



bookcase

6



rug

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New words

Complete the sentences!

dresser bathrobe bookcase rug mirror hanger

1. I have over 100 books in my _____ because I love reading in my free time.
2. I look at myself in the _____ every morning before leaving the house.
3. I put my shirts on a _____, then I put them into the wardrobe.
4. My sister bought a new _____ for her bedroom floor. It is blue and white.
5. John puts his clothes into a _____. He is very organised.
6. I love wearing my _____ after a shower because it is comfortable.

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Check your answers

How many did you get right?

dresser bathrobe bookcase rug mirror hanger

1. I have over 100 books in my **bookcase** because I love reading in my free time.
2. I look at myself in the **mirror** every morning before leaving the house.
3. I put my shirts on a **hanger**, then I put them into the wardrobe.
4. My sister bought a new **rug** for her bedroom floor. It is blue and white.
5. John puts his clothes into a **dresser**. He is very organised.
6. I love wearing my **bathrobe** after a shower because it is comfortable.

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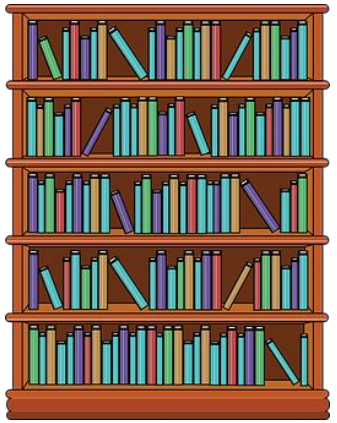
Question time

Speaking practice!

pillows bathrobe bookcase mattress

1. Do you wear a bathrobe?
2. Is your mattress comfortable? What size is it?
3. Do you have a bookcase in your bedroom?
4. How many pillows do you have?
5. Describe your bedroom using the vocabulary from this unit.



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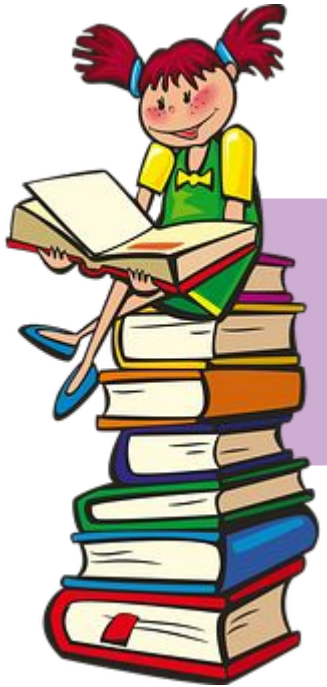

Picture round

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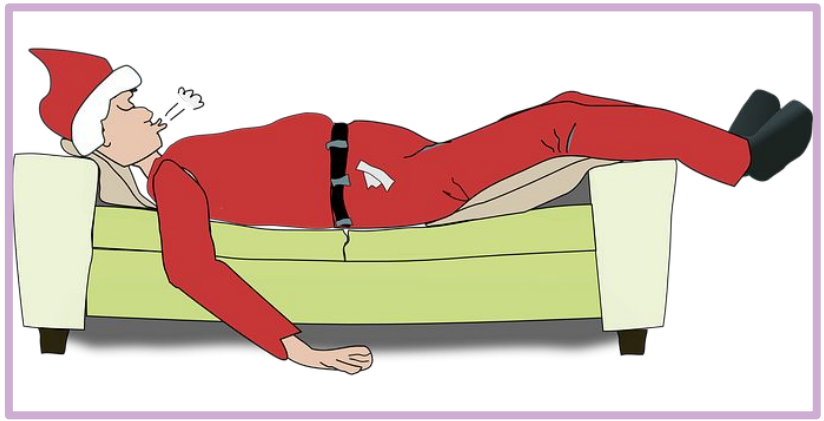
Describe the picture

Read and answer the questions!



- What can you see in the picture?
- What is happening in the picture?
- Why do you think he is sleeping on the sofa?
- Do you think he is comfortable?
- Do you like to take a nap on the sofa?

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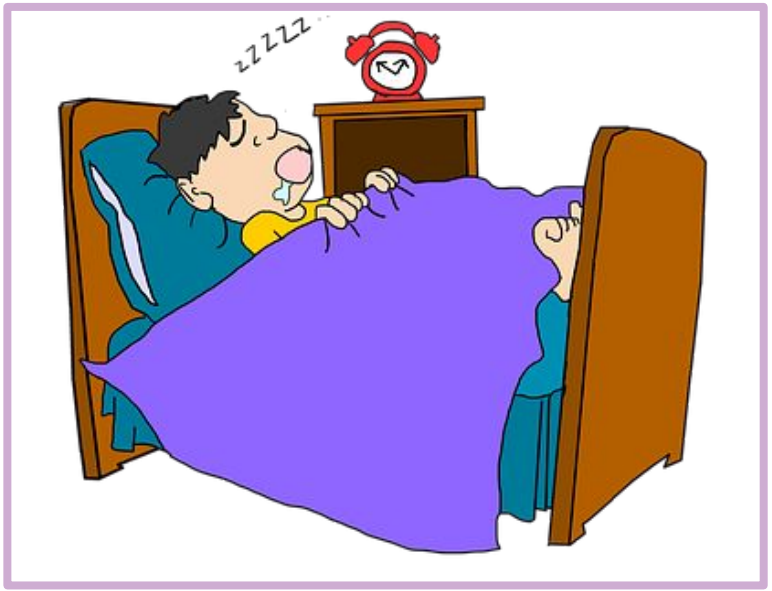
Describe the picture

Read and answer the questions!



- What can you see in the picture?
- What is happening in the picture?
- Do you have an alarm clock?
- How many hours do you sleep each night?
- Describe your bed.

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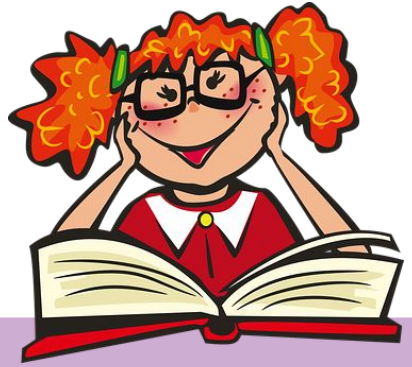

Future Tense: ‘Going to’

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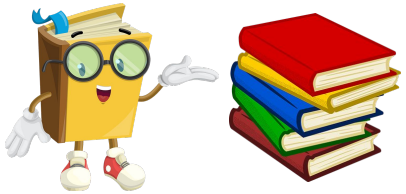
Grammar: ‘going to’



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.

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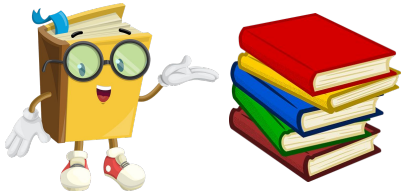
Let’s study the table



Questions using “Going to”					
What When Where Why How Who	am are is is are are	I you he she it we they	going to	+	infinitive

Task:

Create your own sentences using the structure from the table.

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Questions form of ‘Going to’

Complete the sentences.
Use the contraction.

1. What _____ (you / buy) from the shop?
2. Where _____ (Jack / go) on vacation?
3. Who _____ (Beth / meet) tomorrow?
4. How _____ (I / finish) this homework alone?
5. When _____ (you / leave) the house?
6. Why _____ (they / drive) to Liverpool?

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Check your answers

How many did you get right?

1. What **are you going to buy** from the shop?
2. Where **is Jack going to go** on vacation?
3. Who **is Beth going to meet** tomorrow?
4. How **am I going to finish** this homework alone?
5. When **are you going to leave** the house?
6. Why **are they going to drive** to Liverpool?

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Fix the mistakes

Each sentence has a mistake.

Can you find and correct them?

1. Who is you going to the party with?
2. What are he going to wear tomorrow?
3. When are John going to visit his grandma?
4. Where is he going to eating his dinner?
5. How are they going to paying for the house?
6. Why are Nathan going to study English?

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Check your answers

How many did you get right?

1. Who **are** you going to the party with?
2. What **is** he going to wear tomorrow?
3. When **is** John going to visit his grandma?
4. Where is he going to **eat** his dinner?
5. How are they going to **pay** for the house?
6. Why **is** Nathan going to study English?

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Question time

Answer the questions below using ‘going to’ correctly.

1. Who are you going to see tomorrow?
2. What are you going to do at the weekend?
3. When are you going to do your homework?
4. Where are you going to visit this summer?
5. Why are you going to continue studying English?
6. How are you going to get good grades at school?

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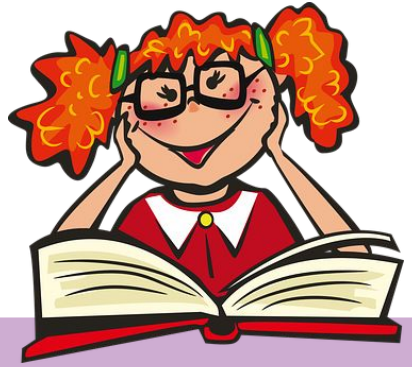

How to take the perfect nap

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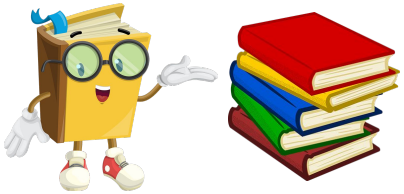
The perfect nap



1. Nap length

Every person has a different perfect nap length. For most people, it's between 10 and 20 minutes long. Anything longer than that increases your chances of waking up during a deep-sleep cycle, which can cause you to feel more tired. So try out naps of different lengths up to 20 minutes long, and figure out what works best for you.

True or False:

1. **The perfect nap length is 30 minutes.**
2. **Napping for more than 20 minutes can make you feel more tired.**

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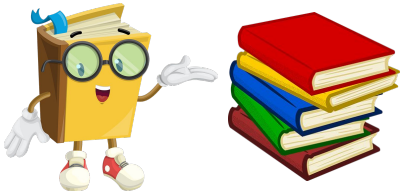
Check your answers



1. Nap length

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Answers:

1. False
2. True

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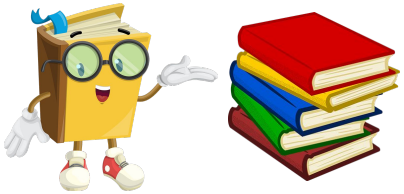
The perfect nap



2. Nap early

Napping late in the day can affect your ability to fall asleep at bedtime. Try napping around the halfway point between the time you wake up and the time you plan to go to bed.

Questions:

- **Do you take naps?**
- **Do you feel better after taking a nap?**

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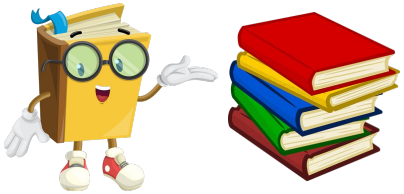
The perfect nap



3. Create a sleep-friendly environment

To fall asleep easily, you should nap in a room that encourages napping. Depending on where you are, you may or may not have a comfortable mattress available, but it helps to nap in a comfortable space that is dark, cool, and quiet.

Find synonyms of the following words:

- Cosy
- Silent

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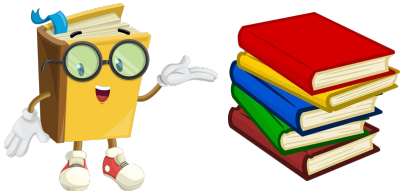
Check your answers



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To fall asleep easily, you should nap in a room that encourages napping. Depending on where you are, you may or may not have a comfortable mattress available, but it helps to nap in a comfortable space that is dark, cool, and quiet.

Answers:

- Cosy = Comfortable
- Silent = Quiet

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The perfect nap

Complete the paragraph with the words from the box.

refreshed stressful problems

4. Set aside your worries

Thinking about _____ topics will keep you awake. If you're having trouble forgetting your _____ and to-do lists, try some relaxation exercises. These can help you fall asleep and wake from your nap feeling _____ and recharged.

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Check your answers

How many did you get right?

refreshed stressful problems

4. Set aside your worries

Thinking about **stressful** topics will keep you awake. If you're having trouble forgetting your **problems** and to-do lists, try some relaxation exercises. These can help you fall asleep and wake from your nap feeling **refreshed** and recharged.

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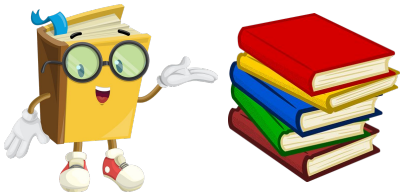
The perfect nap



5. Reflect on why you're napping

Think about what you hope to gain from your nap. When you set goals, you can plan your nap around those objectives.

Questions:

1. What is a good reason to nap?
2. When is a good time to nap?

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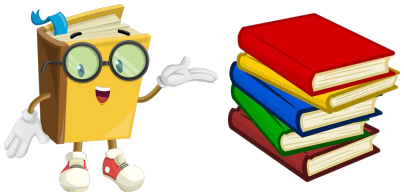
The perfect nap



6. Set an alarm

Nap length is important, as is setting an alarm. Setting an alarm reduces the worry of accidentally oversleeping, which can often keep people awake. Also, ensure you have a dark, comfortable, quiet place to take your nap.

True or False:

- **Setting an alarm is not important when napping.**
- **You should nap in a light, loud place.**

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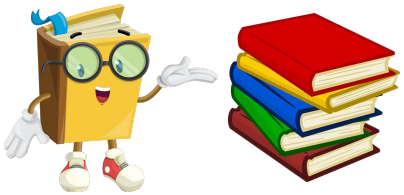
Check your answers



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Nap length is important, as is setting an alarm. Setting an alarm reduces the worry of accidentally oversleeping, which can often keep people awake. Also, ensure you have a dark, comfortable, quiet place to take your nap.

Answers:

- **False.**
- **False.**

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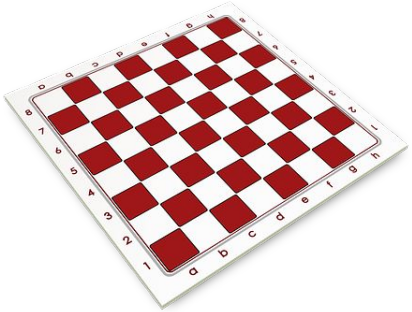

Board Game

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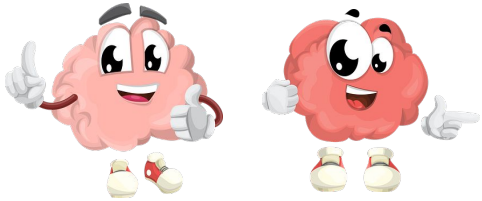
Teacher’s notes



- 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!

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1 What is the perfect nap length?	2 Name a piece of bedroom furniture.	3 Should you eat sugar before bedtime?	4 Ask your teacher a question!	5 Name a benefit of sleep.
6 What are you going to do after class?	7 Ask your teacher a question!	8 Name a piece of bedroom furniture.	9 Should you set an alarm before a nap?	10 Should you use your phone in bed?
11 Name a benefit of sleep.	12 Should you nap in the day or at night?	13 Ask your teacher a question!	14 Name a piece of bedroom furniture.	15 Where are you going to go at the weekend?
16 Ask your teacher a question!	17 Name a benefit of sleep.	18 Describe a room good for napping.	19 Name a piece of bedroom furniture.	20 Summarise what you learned today.

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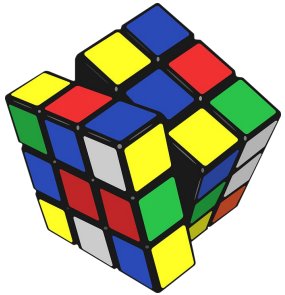

Let’s play noughts and crosses

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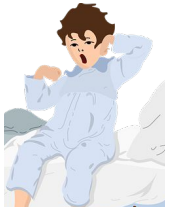
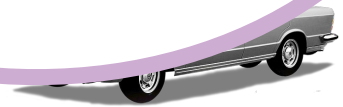
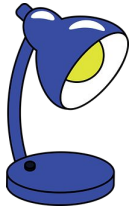
Let’s play noughts and crosses!







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

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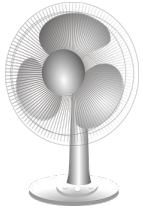
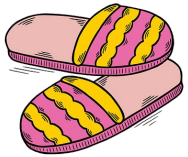
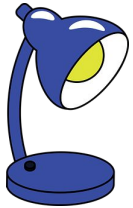
Let’s play noughts and crosses!







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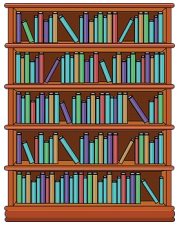
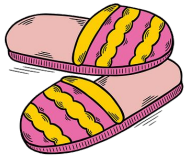
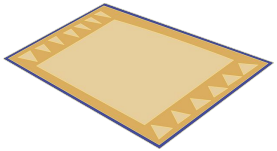
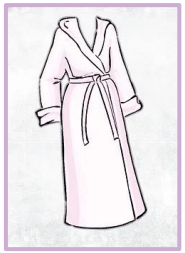
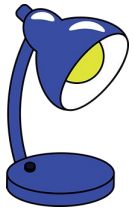
Let’s play noughts and crosses!





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Goodbye!
See you
next time!

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