

StartUp 4
Writing

Unit6 – Lesson5
Page74



WHAT ARE SOME OF YOUR HEALTHY HABITS?

Have Ss read the task and answer the questions. Then elicit their answers in class.

Have Ss skim the text again and do the task. Then check the answers in class.

READ SU-MIN'S POST.

WHAT TWO HEALTHY HABITS DOES SHE MENTION?



Su-min Kim
Oct 25, 5:45 P.M.

What's my secret to staying healthy and in shape? Well, I actually have two secrets: running and meditation.

Everyone knows that exercising regularly is a great way to get and stay healthy. And running is a great exercise because it strengthens your whole body. You use all the muscles in your body when you run, so it works out your legs, stomach, and your upper body. Running is also a great way to exercise because it's so easy to do! You can do it anywhere, anytime, and you don't even need to go to the gym! A lot of people think you need to do long, hard workouts. That's not true! All you need to do is do something active regularly. And because running is so easy to do, it's a ***great*** way to stay active regularly.

I also think it's really important to meditate every morning. One effect of meditation is that I feel calm even when work gets stressful. Another effect is that I can concentrate really well. I am able to stay focused on the task for a long time. Finally, I believe that meditation makes me more creative. I can come up with new and different ideas because my mind is relaxed.

What are *your* favorite ways to stay healthy?

Have Ss do the task in breakout rooms.

C PAIRS Do you agree that it's important to keep both your body and your mind healthy? What are some other ways you can do this?



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2 FOCUS ON WRITING

A Read the Writing Skill. Then reread Su-min's post. Underline all of the cause and effect signal words.

WRITING SKILL Show cause and effect

Use signal words to help organize **causes and effects** in your writing: *so*, *because*, *as a result*, *one/another*, *effect of*, and *makes/helps*.



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2 FOCUS ON WRITING

Complete the chart with the causes and effects Su-min discusses in her post.

Cause	Effects
Running →	• It strengthens her whole _____. • It works out her _____, _____ and upper body. • It's so _____ to do.
_____ →	• It helps her feel _____. • It helps her concentrate well. • It makes her more _____.

Teach the model to the Ss and ask them to personalize it in the public chat.

3 PLAN YOUR WRITING

How do you stay healthy and in shape? Look at the model and type your sentences in the public chat.

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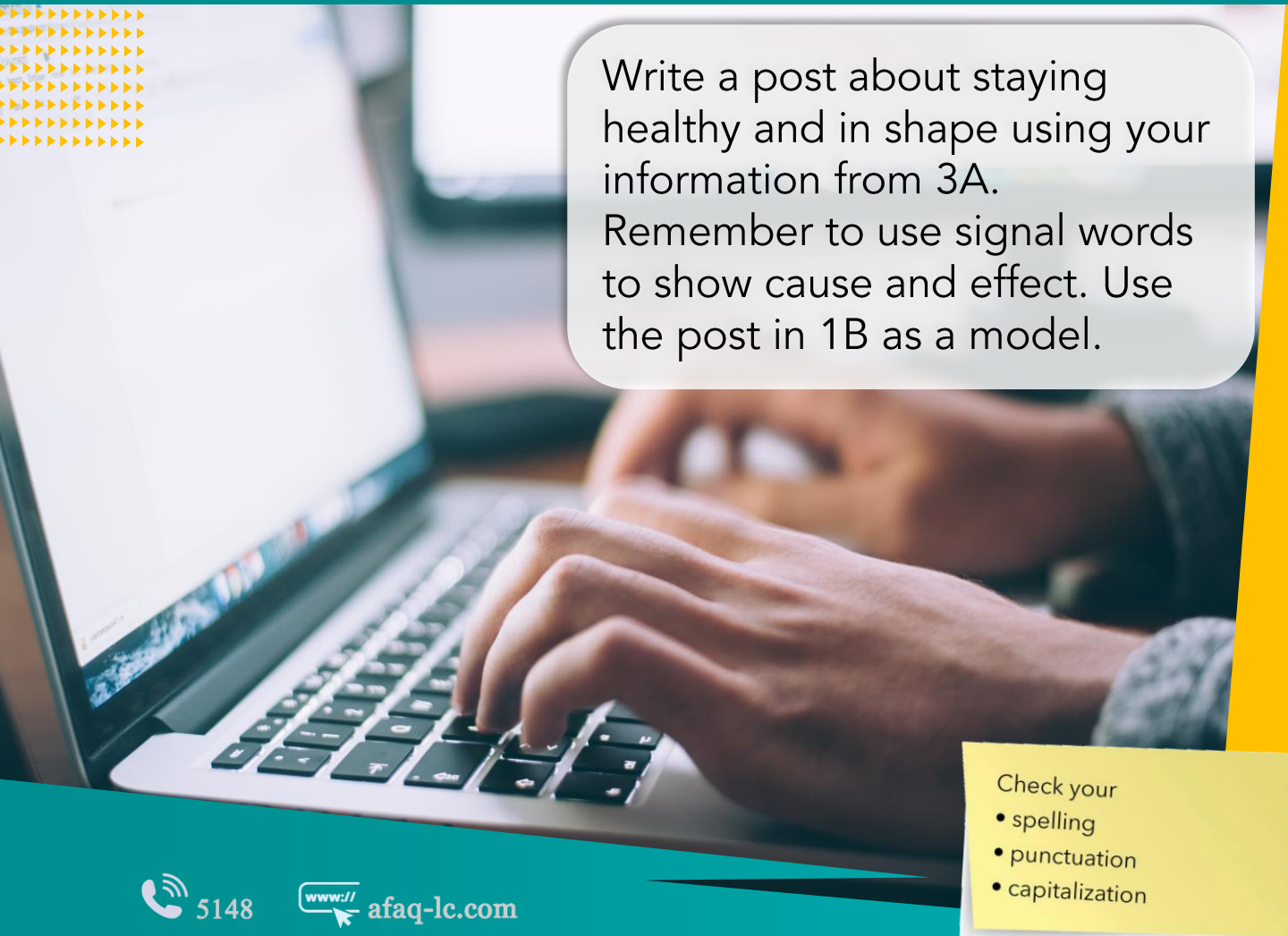
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afaq
TALK ABOUT THE WAYS YOU STAY HEALTHY AND IN SHAPE.
Create breakout rooms and have the Ss do the task.
5148
www://
afaq-lc.com

Read the directions aloud. Then have Ss complete the task as homework.



Write a post about staying healthy and in shape using your information from 3A. Remember to use signal words to show cause and effect. Use the post in 1B as a model.

Check your
- spelling
- punctuation
- capitalization