

StartUp 5
Listening

Unit5 – Lesson3
Page59

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



SNOOZE


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



CONCENTRATE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



SCHEDULE

Familiarize the students with the listening part. Play the video once to do the task.



B 05-16 Read the Listening Skill. Listen or watch again. Complete the comparisons.

1. They may take _____ to recover from illnesses and have _____ risks of diabetes and heart disease.
2. Start following this advice immediately. You'll be _____ and _____ . Your mind will be _____ , and you won't fall asleep at work.

LISTENING SKILL

Listen for understood comparisons

Sometimes speakers use comparisons without saying exactly what they are comparing. The listener needs to understand what is being compared from the context.

People who don't sleep enough are more likely to get colds.

(Understood: They are more likely to get colds than people who do sleep enough.)

Play the audio and have your Ss do the task. Check the answers in class.

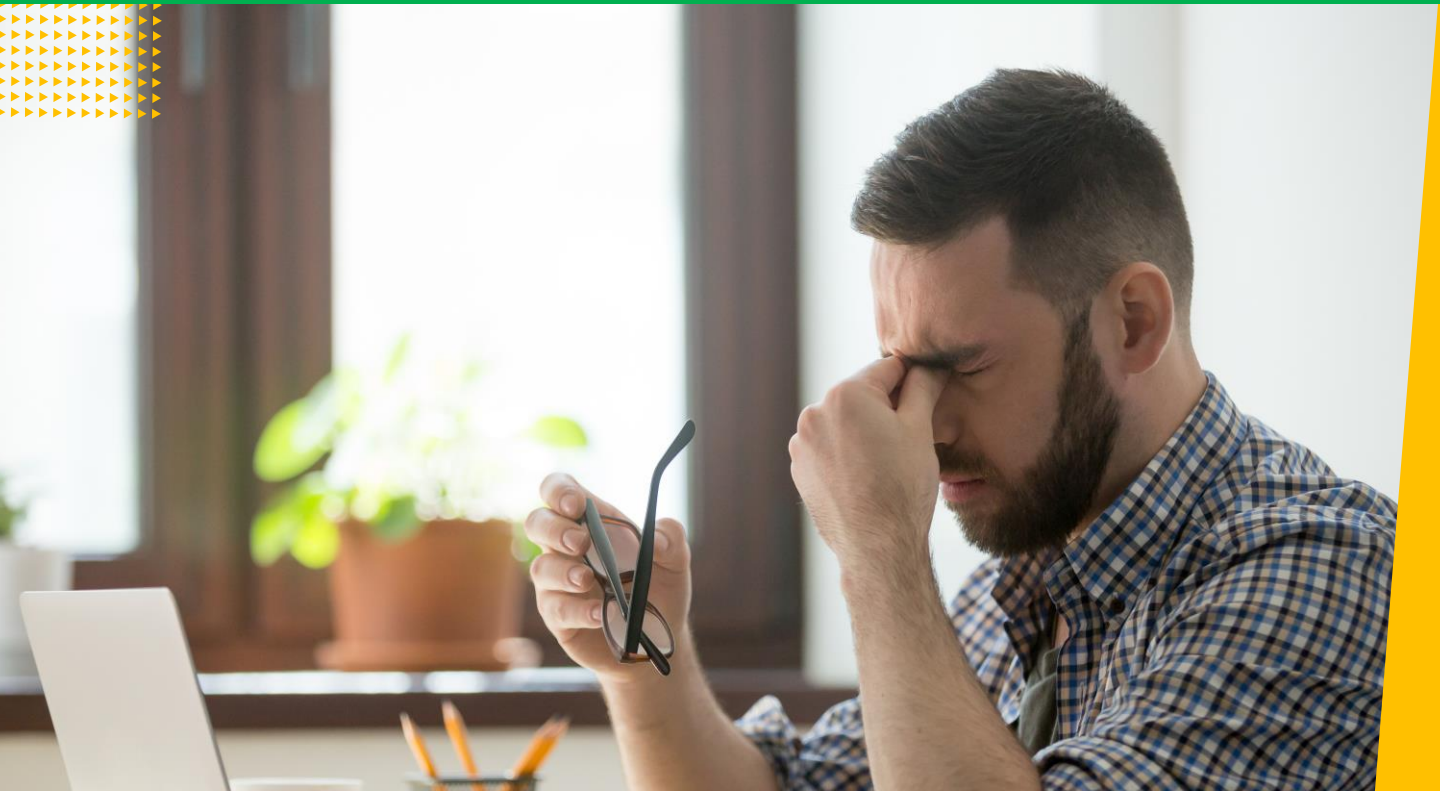


C ▶05-17 Listen or watch again. Circle all the correct answers.

1. What effects of not getting enough sleep does the speaker mention?
   a. trouble concentrating b. getting injured c. getting sick d. getting depressed
2. What does the speaker recommend instead of taking a nap?
   a. read a book b. take a walk c. drink water d. call a friend
3. Which things does the speaker say you should *not* do before bed?
   a. eat a big meal b. take a bath c. drink water d. exercise

Kendrick Scott | TSW Global Speaker Program
Unit 5: Getting a good night's sleep

Have Ss identify the correct meaning. Go over the answer as a class.



D VOCABULARY EXPANSION Read the sentences from the talk. What do the underlined expressions mean?

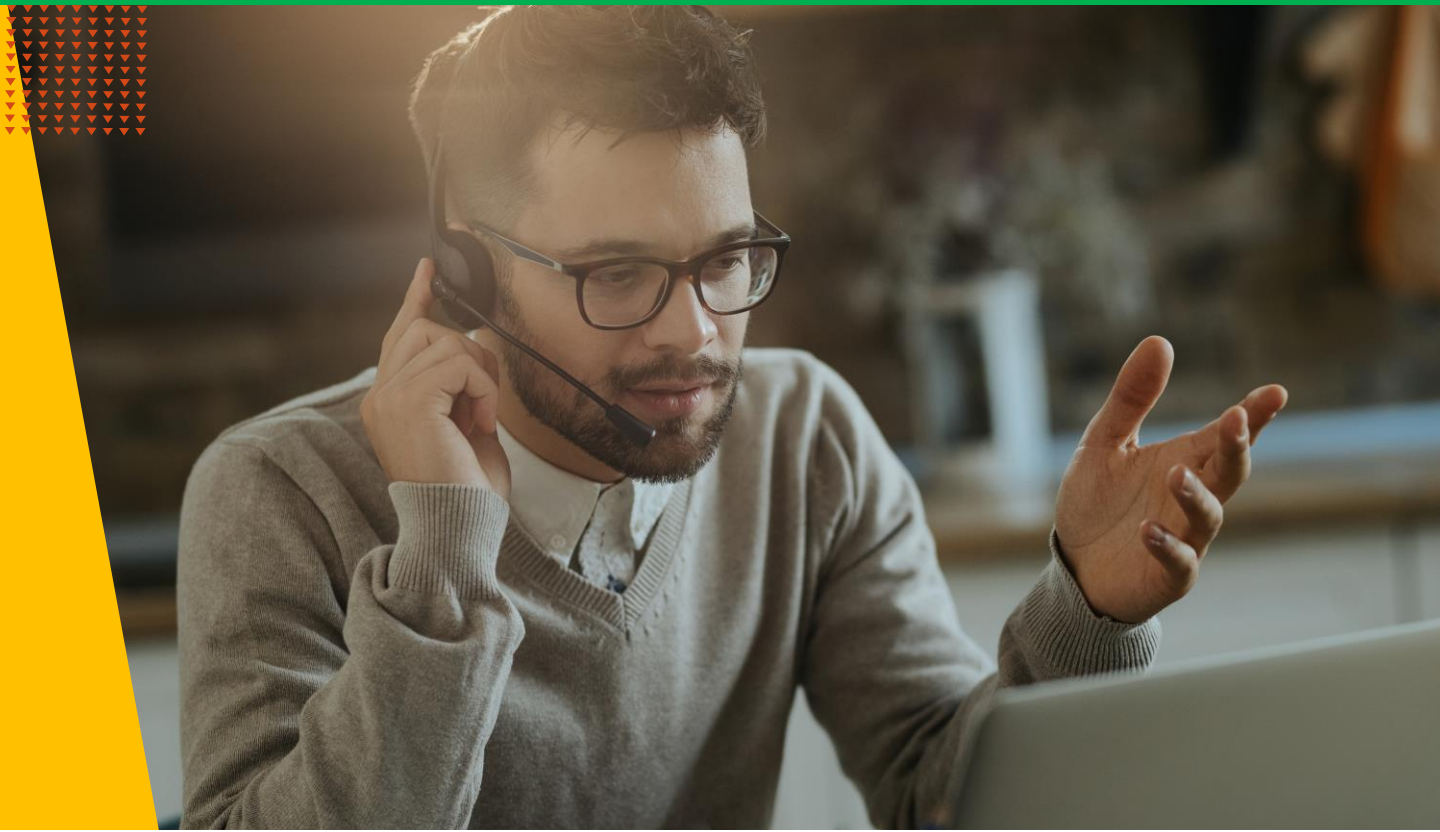
1. Do you find yourself <u>dozing off</u> in the afternoon when you should be working?
2. Chances are you don't get enough sleep. <u>Lack</u> of sleep is a big problem nowadays.
3. Don't sleep on your stomach because it <u>twists</u> your neck.

Give a couple of minutes to your Ss to think about the topic they intend to share. Provide adequate samples.

A THINK Why do you think lack of sleep is a big problem nowadays? Why is it so hard for people to get enough sleep?



Have your Ss share what they have prepared in their breakout rooms. Monitor the groups and prepare your FEEDBACK.



B DISCUSS In small groups, share your ideas in 4A. Take notes about the reasons it is difficult for people to sleep.

Lots of people watch TV at night. They plan to go to bed early, but then they get interested in a program and stay up late.

C EVALUATE Share the ideas you discussed with the class. As a class, decide which three pieces of advice from the talk would be the most useful for most people.



Getting a Good Night's Sleep

Do you find yourself dozing off in the afternoon when you should be working? Do you keep hitting the snooze button when your alarm rings in the morning? If your answers are yes and yes, chances are you don't sleep enough. Maybe you intend to go to bed early, but end up watching TV until late. Or you mean to get up at seven, but instead you wake up at six and start worrying about how tired you'll soon be. Lack of sleep is a big problem nowadays, and can be much worse than just falling asleep at work. People who don't sleep enough have trouble concentrating. They're also more likely to get colds or the flu, more likely to get depressed, and to be overweight. They may take longer to recover from illnesses and have higher risks of diabetes and heart disease. Believe me, not sleeping enough is a problem you need to fix. "But how?" you ask. Listen closely. I'll share seven ways you can get a better night's sleep. First, no electronics. Turn off your TV, your computer, and your phone. Your body is programmed to sleep in darkness. And light, especially the blue light on many electronics, disturbs your rest, even if you're not looking directly at it. Of course, actually looking at your devices—for example, checking the time or checking your messages when you should be sleeping—is even worse.Second, avoid naps. Instead, take a short walk, drink a big glass of water, or call a friend. If youhave to nap, do it early in the day and for no longer than 20 minutes. Napping later, or for too long, impacts your sleep at bedtime. Third, get comfortable in bed. Buy a good pillow that supports your neck—not too thin or too thick. And don't sleep on your stomach; it twists your neck. If you have back pain, try a pillow under your knees or between your legs. It helps keep your back straight. Fourth, about an hour before bed, relax your mind and your body. Keep the lights low, listen to relaxing music, take a warm bath, or read something calming. Put aside your problems and worries before even going into your bedroom. Fifth, watch what you eat and drink. Avoid heavy meals before bed. A full stomach can keep you awake. Coffee in the morning is fine, but not in the afternoon or evening. Sixth, exercise. You know exercise is good for you in so many different ways, and now you can add a better night's sleep to the list. However, the extra energy you can get from working out can keep you awake if you exercise too close to bedtime. Work out in the morning, or at least three hours before bed. Finally, the seventh point may be the hardest one: keep a regular schedule. Plan to wake up and go to bed around the same time every day. When your body gets used to the schedule, falling asleep will come naturally. So, there you have it: seven ways to get a better night's sleep. If you're not getting enough sleep, start following this advice immediately. You'll be healthier and happier, your mind will be clearer, and you won't fall asleep at work!

READ THE SCRIPT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

Getting a Good Night's Sleep

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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.

Homework

Provide the Ss with the audio link of the Listening. Highlight the page number of the script. Familiarize them with the concept of shadowing if necessary. Assign them to perform shadowing to the conversation.



Listen to the Listening using the link.

Perform shadowing by practicing the rhythm, intonation, and pace of the speakers.