

StartUp 5

Writing

Unit5 – Lesson5

Page62


afaq
DO YOU HAVE ANY BAD HABITS THAT AFFECT YOUR HEALTH? HOW DO YOU TRY TO CHANGE THEM?
Have Ss read the task and answer the questions. Then elicit their answers in class.
5148
www://
afaq-lc.com

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

READ THE BLOG POST.

WHAT EXAMPLES OF BAD HABITS DOES IT MENTION?

Let's break those bad habits!

Posted on June 13



My alarm clock rings. It's 6:30 A.M., and I promised myself I was going to start going to the gym before work. But I hate getting up early, so I roll over and close my eyes …

We all have bad habits that we struggle to overcome. Maybe, like me, you don't exercise enough or you eat unhealthy foods. Many people watch too much TV. We all know that these habits are unhealthy, so the question is: Why are bad habits so hard to break, and what can we do about it?

First, you have to think about why bad habits start in the first place. Many bad habits give us pleasure or enjoyment. For example, eating delicious food is a pleasurable experience, even when the food has too much fat and sugar. Some bad habits take our minds off stressful problems we may have. Watching TV for hours is a way to avoid thinking about what's happening in your life. And some bad habits start because the good habit seems unpleasant or difficult. For me, getting up early and exercising just doesn't seem fun at all, so I avoid it.

How do we begin to break a bad habit? One way is to replace the bad habit with a good one. Instead of buying unhealthy foods, fill your refrigerator with healthy snacks that you enjoy. Instead of watching TV, learn a new hobby, like knitting or photography, that can focus your mind on positive things and help you de-stress.

As for me, I've decided to take a kickboxing class after work. I won't have to get up early, and it sounds like a lot more fun than a treadmill! Breaking a bad habit is never easy, but when you succeed, it not only makes you physically healthier, but it also makes you feel great about yourself. Let's do this!

Leave a Reply

The Modern Life of
DAVE TANNER

Archive

- January (5)
- February (6)
- March (5)
- April (7)
- May (7)
- June (3)

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

C Read the blog post again. Complete the chart with information from the post.

Bad Habits	→	Why they're hard to break	→	What to do about them

Let's break those bad habits!

Posted on June 13



My alarm clock rings. It's 6:30 A.M., and I promised myself I was going to start going to the gym before work. But I hate getting up early, so I roll over and close my eyes …

We all have bad habits that we struggle to overcome. Maybe, like me, you don't exercise enough or you eat unhealthy foods. Many people watch too much TV. We all know that these habits are unhealthy, so the question is: Why are bad habits so hard to break, and what can we do about it?

First, you have to think about why bad habits start in the first place. Many bad habits give us pleasure or enjoyment. For example, eating delicious food is a pleasurable experience, even when the food has too much fat and sugar. Some bad habits take our minds off stressful problems we may have. Watching TV for hours is a way to avoid thinking about what's happening in your life. And some bad habits start because the good habit seems unpleasant or difficult. For me, getting up early and exercising just doesn't seem fun at all, so I avoid it.

How do we begin to break a bad habit? One way is to replace the bad habit with a good one. Instead of buying unhealthy foods, fill your refrigerator with healthy snacks that you enjoy. Instead of watching TV, learn a new hobby, like knitting or photography, that can focus your mind on positive things and help you de-stress.

As for me, I've decided to take a kickboxing class after work. I won't have to get up early, and it sounds like a lot more fun than a treadmill! Breaking a bad habit is never easy, but when you succeed, it not only makes you physically healthier, but it also makes you feel great about yourself. Let's do this!

Leave a Reply

The Modern Life of
DAVE TANNER

Archive

- *January (5)*
- *February (6)*
- *March (5)*
- *April (7)*
- *May (7)*
- *June (3)*

Teach the writing skill and have the Ss do the task in class.

2 FOCUS ON WRITING

Read the Writing Skill. Underline the hook in the blog post.

WRITING SKILL Use a hook

Use an anecdote or a personal experience at the beginning of your writing as a "hook" to catch readers' interest. A hook helps the reader relate to your experience and makes him or her want to read more.

Let's break those bad habits!

Posted on June 13



My alarm clock rings. It's 6:30 A.M., and I promised myself I was going to start going to the gym before work. But I hate getting up early, so I roll over and close my eyes …

We all have bad habits that we struggle to overcome. Maybe, like me, you don't exercise enough or you eat unhealthy foods. Many people watch too much TV. We all know that these habits are unhealthy, so the question is: Why are bad habits so hard to break, and what can we do about it?

First, you have to think about why bad habits start in the first place. Many bad habits give us pleasure or enjoyment. For example, eating delicious food is a pleasurable experience, even when the food has too much fat and sugar. Some bad habits take our minds off stressful problems we may have. Watching TV for hours is a way to avoid thinking about what's happening in your life. And some bad habits start because the good habit seems unpleasant or difficult. For me, getting up early and exercising just doesn't seem fun at all, so I avoid it.

How do we begin to break a bad habit? One way is to replace the bad habit with a good one. Instead of buying unhealthy foods, fill your refrigerator with healthy snacks that you enjoy. Instead of watching TV, learn a new hobby, like knitting or photography, that can focus your mind on positive things and help you de-stress.

As for me, I've decided to take a kickboxing class after work. I won't have to get up early, and it sounds like a lot more fun than a treadmill! Breaking a bad habit is never easy, but when you succeed, it not only makes you physically healthier, but it also makes you feel great about yourself. Let's do this!

Leave a Reply

The Modern Life of
DAVE TANNER

Archive

- January (5)
- February (6)
- March (5)
- April (7)
- May (7)
- June (3)

3 PLAN YOUR WRITING

Think of a bad habit that you have or someone you know has. What is the bad habit? Why is it hard to break this bad habit? What can someone do to break the bad habit?

My alarm clock rings. It's 6:30 A.M., and I promised myself I was going to start going to the gym before work. But I hate getting up early, so I roll over and close my eyes …

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

3 PLAN YOUR WRITING

Think of a bad habit that you have or someone you know has. What is the bad habit? Why is it hard to break this bad habit? What can someone do to break the bad habit?

We all have bad habits that we struggle to overcome. Maybe, like me, you don't exercise enough or you eat unhealthy foods. Many people watch too much TV. We all know that these habits are unhealthy, so the question is: Why are bad habits so hard to break, and what can we do about it?

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

3 PLAN YOUR WRITING

Think of a bad habit that you have or someone you know has. What is the bad habit? Why is it hard to break this bad habit? What can someone do to break the bad habit?

First, you have to think about why bad habits start in the first place. Many bad habits give us pleasure or enjoyment. For example, eating delicious food is a pleasurable experience, even when the food has too much fat and sugar. Some bad habits take our minds off stressful problems we may have. Watching TV for hours is a way to avoid thinking about what's happening in your life. And some bad habits start because the good habit seems unpleasant or difficult. For me, getting up early and exercising just doesn't seem fun at all, so I avoid it.

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

3 PLAN YOUR WRITING

Think of a bad habit that you have or someone you know has. What is the bad habit? Why is it hard to break this bad habit? What can someone do to break the bad habit?

How do we begin to break a bad habit? One way is to replace the bad habit with a good one. Instead of buying unhealthy foods, fill your refrigerator with healthy snacks that you enjoy. Instead of watching TV, learn a new hobby, like knitting or photography, that can focus your mind on positive things and help you de-stress.

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

3 PLAN YOUR WRITING

Think of a bad habit that you have or someone you know has. What is the bad habit? Why is it hard to break this bad habit? What can someone do to break the bad habit?

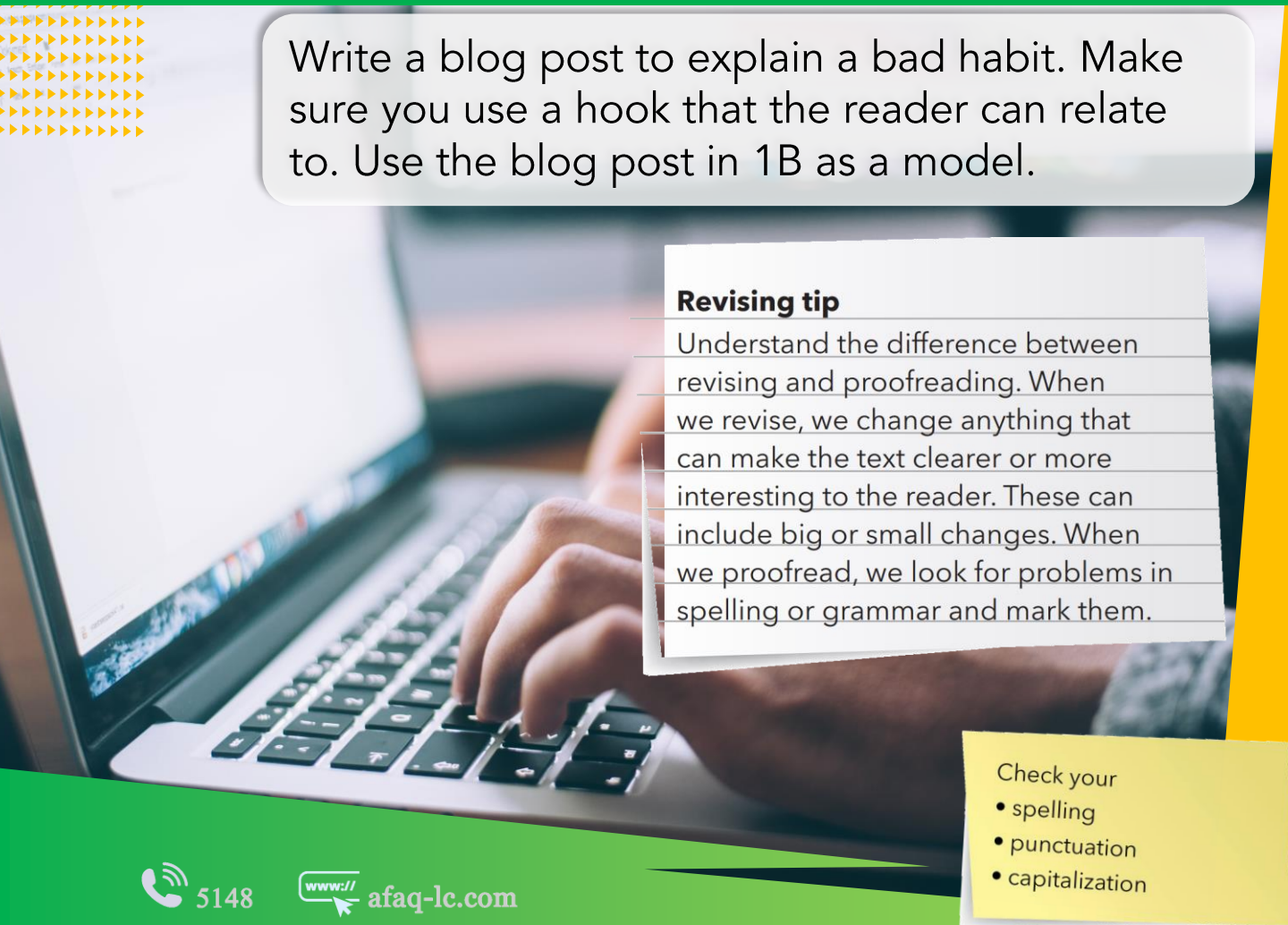
As for me, I've decided to take a kickboxing class after work. I won't have to get up early, and it sounds like a lot more fun than a treadmill! Breaking a bad habit is never easy, but when you succeed, it not only makes you physically healthier, but it also makes you feel great about yourself. Let's do this!

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


afaq
TALK ABOUT YOUR IDEAS. SUGGEST WAYS YOUR PARTNER CAN IMPROVE OR ADD TO HIS OR HER IDEAS.
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 blog post to explain a bad habit. Make sure you use a hook that the reader can relate to. Use the blog post in 1B as a model.



Revising tip

Understand the difference between revising and proofreading. When we revise, we change anything that can make the text clearer or more interesting to the reader. These can include big or small changes. When we proofread, we look for problems in spelling or grammar and mark them.

Check your
- spelling
- punctuation
- capitalization