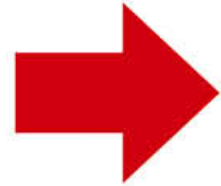




# Are You Ready?

Listen to me.



Eyes on me.



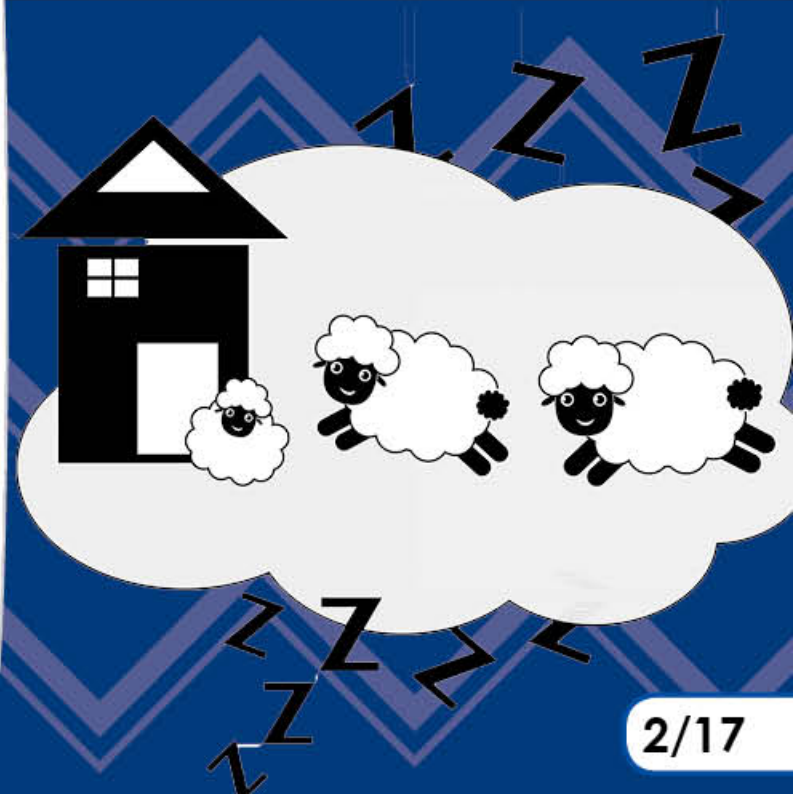
## INTENSIVE READING

Classic English Junior Level 6 - Unit 11 Body and Health

Lesson

7

# How Do I Fall Asleep?





# Lesson Structure

|          |                     |
|----------|---------------------|
| <b>1</b> | Learning Objective  |
| <b>2</b> | Warm-up             |
| <b>3</b> | Comprehension Skill |
| <b>4</b> | Intensive Reading   |
| <b>5</b> | Writing Project     |
| <b>6</b> | Wrap-up             |

**You are going to:**

**Review the article called**

**How Do I Fall Asleep?**

**Learn the comprehension skill**

**Cause and effect**

# Warm-up

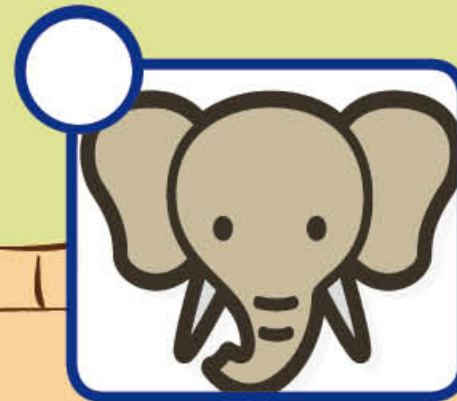
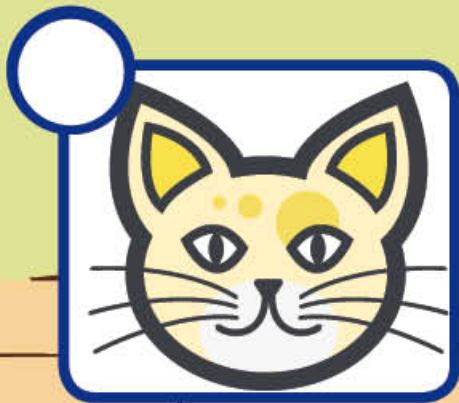
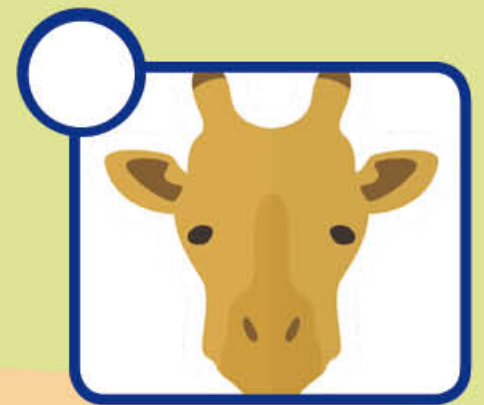
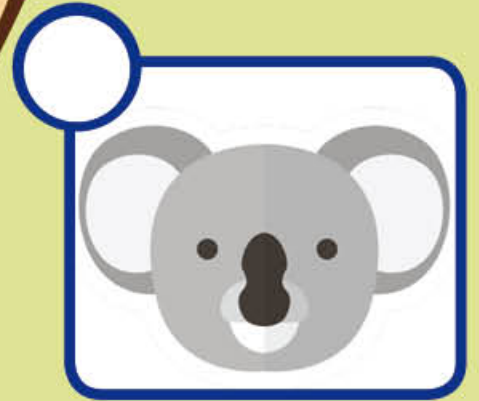
02:00

Make a guess.

Write the numbers from 1 to 5 next to the pictures.

1=needs the most sleep

5=needs the least sleep







# Let's Go!



# Comprehension Skill

**02:00**

A **cause** is

what happens as the result of the cause.

The **effect** is

the reason something happens.

*Direction:* Make a sentence for the missing cause or effect.

**Cause:**



**Effect:** I bought a ticket.

**Cause:** It's snowing outside.



**Effect:**



# Intensive Reading—Comprehension

03:00

Read the passage and do the activity.

## Why do we need to sleep?

Every living thing needs to sleep. Your mom, dad, your dog, baby lions – they all sleep. Just like eating, sleep is **necessary** for everyone. Your body and brain need rest from school, sports, homework and so on. **Without enough sleep, you may feel tired and unable to think clearly.** More importantly, too little sleep will affect your growth.



## Grammar

“Enough” usually goes before *n*:  
I’m so tired because I didn’t get **enough sleep**.

“Enough” usually goes after *adj* and *adv*:  
I can’t lift the box. I’m not **strong enough**.  
You don’t work **hard enough**.

- She's not \_\_\_\_\_ (old) to drive.
- I want to buy a hotdog, but I don't have \_\_\_\_\_ (money).





# Intensive Reading—Comprehension

03:00

Read the passage and answer the question.

## The stages of sleep

It's ten o'clock at night. Your eyelids feel heavy and the room gets fuzzy. It's your brain telling you that it's ready for sleep.

**Stage 1:** Your eyes are closed, but you can still hear your dog barking outside or the sound from the TV.

**Stage 2:** Your muscles **relax**, and your **breath** and heartbeat slow down.



What happens at the first stage of sleep?



During stage 1, ...

# Intensive Reading—Comprehension

03:00

Read the passage and do the activity.

## The stages of sleep

**Stage 3:** It's hard to wake you up, but some people may sleepwalk or talk in their sleep.

**Stage 4:** It's very hard to wake you up because you are in the deepest stage of sleep. And if somebody wakes you up, you're sure to be confused.

And you know what? You go into and out of stages 2, 3, and 4 about five times each night.



Tick the correct effect of the cause.

**Cause:** Somebody wakes you up during stage 4 of sleep.

**Effect:** You will feel ...



☐ surprised



☐ confused



☐ excited



# Intensive Reading—Comprehension

03:00

Read the passage and answer the question.

## Dreams



Have you heard about REM? It stands for “**rapid** eye movement”, and it’s during REM sleep that you dream. If you wake up during REM sleep, you may remember what happened in your dream. Some people say that dreams are what you were thinking about during the day, but no one knows for sure. Do you remember your last dream?



What’s the effect of waking up during REM sleep?



The effect of ... is ...



# Intensive Reading—Comprehension

03:00

Read the passage and do the activity.

## Bedtime routines

Most kids have no problem with sleeping. But if you have a hard time **falling asleep**, maybe you have some bad **habits** before going to bed. Here are some tips you can follow to build a good bedtime **routine**:

Try to go to bed at the same time every night.

**Don't drink too much tea or coffee.**

Don't watch TV or play with anything that has a screen before bed.

Don't exercise just before going to bed.

## Grammar

Compare **too ...** and **not ... enough**:

You shouldn't drink **too** much coffee.  
(= more than is necessary)



You **don't** drink **enough** water.  
(= less than is necessary)







# Writing Project—Preparation

02:00

**Talk about the stages of sleep you've learned.**



Are you in deep sleep during stage 1 and why?

(hear sound ...)



What else happens besides relaxed muscles during stage 2?

(breath, slow down ...)



What are the differences between the last two stages of sleep?

(hard to wake up, sleepwalk, talk in sleep, confused ...)





# Writing Project

03:00

## Retell the stages of sleep.

There are ... stages of sleep mentioned in the passage.



(eyes closed, hear sound ...)

(muscles, breath ...)

(sleepwalk, talk in sleep ...)

(deepest sleep, confused ...)

## I Can Do It

### Intensive Reading

How Do I Fall  
Asleep?

### Comprehension Skill

Cause and effect



# See You Soon!

A cartoon illustration of a young boy with brown, curly hair and freckles, wearing a yellow zip-up jacket over a blue shirt and dark pants with white shoes. He is smiling and waving his right hand. He is positioned on the left side of the image, standing in front of several large, stylized yellow and orange stars. A large orange banner is positioned in front of him.

**51TALK**

