

Early Birds and Night Owls

Exercise 1

Vocabulary

1.early bird

Noun

'ərli: bɜ:d

a person who gets up early

The **early bird** catches the worm.

2.night owl

Noun

naɪt ɔ:l

a person who enjoys staying up late and being active at night

You can call me after midnight because I'm a **night owl**.

3.stay up late (at night)

Phrase

to go to bed later than usual

He looks sleepy. He must have **stayed up late at night** yesterday.

4.stay up all night

Phrase

steɪ ʌp ɔ:l naɪt

to stay awake all night

I love to **stay up all night** with my friends.

5.way

Adverb

weɪ

very, to a great extent

That movie was **way** more boring than I expected.

6.important

Adjective

ɪmˈpɔːrtnt

having a lot of value or impact

When shopping, the most **important** factor to me is the price.

7.the early bird catches the worm

Phrase

ðiː ɪrliː bɜːrd ˈkætʃɪz ðə wɜːrm

the person who does something immediately or before others will have an advantage

She was praised by Teacher Ozaki and got bread because she came to school first among all of them. **The early bird catches the worm.**

Exercise 2

Dialogue Practice

Read the dialogue aloud with your partner.

Emma and K are at a workation. They are talking about how to spend the evening.



Good evening. How are you?

Emma



K

Just great, and ready for the night.



Emma

What will you do tonight? Can I join you?



K

You always go to bed early, Emma. I'm planning to watch several movies, maybe study a little bit, read some books, take a bath...



Emma

So you are one of those people who loves to **stay up late**? People who **stay up all night** are called **night owls**, you know.



K

Sometimes, if I am not too tired. I really enjoy it. I think night-time is **way** calmer and quieter. It is peaceful. How about you?



Emma

Well, for me, it is so hard to stay up all night.



K

I guess coffee would help. Anyway, you have an **important** meeting at work tomorrow, so you should probably go to sleep early tonight.



Emma

Yes, I will be an **early bird** tomorrow. I have a lot to prepare to make sure that the meeting will be successful.



K

Yeah, **the early bird catches the worm.**

Check your understanding:

1. Why does K like staying up all night?
2. Does Emma like staying up late?
3. Why should Emma go to sleep earlier tonight?

Exercise 3

Role Play

Role-play the following situation with your partner.

Situation

- You are a night owl, while your partner is an early bird.
- Discuss the good and bad sides of both lifestyles.

Exercise 4

Discussion

1. Are you the type of person who is active during the day or at night? Why?
2. How can staying up all night be harmful to a person's health?
3. Some children stay up on Christmas night. Why do you think they do this?
4. Which do you enjoy more: the silence of night or the calmness of morning? Why?