



# Early Birds and Night Owls

Conversation > Intermediate 5



## Exercise 1 – Vocabulary

|                   |  |
|-------------------|--|
| <b>early bird</b> | A person who gets up early.              |
| [noun]            | <i>Ex: Are you an <b>early bird</b>?</i> |

|                  |   |
|------------------|---|
| <b>night owl</b> | A person who enjoys staying up late and being active at night.            |
| [noun]           | <i>Ex: You can call me after midnight because I'm a <b>night owl</b>.</i> |

|            |   |
|------------|---|
| <b>way</b> | Very, to a great extent.  |
| [adverb]   | <i>Ex: That movie was <b>way</b> more boring than I expected.</i> |

|                  |  |
|------------------|--|
| <b>important</b> | Having a lot of value or impact.   |
| [adjective]      | <i>Ex: When shopping, the most <b>important</b> factor to me is the price.</i> |

|  |  |
|--|--|
| <b>the early bird catches the worm</b> | The person who does something immediately or before others will have an advantage. |
| [phrase]                               | <i>Ex: I wake up at 6 in the morning! <b>The early bird catches the worm!</b></i>  |



## Exercise 2 – Dialogue

*Choose one character and read the dialogue aloud with your tutor.*

Jessica: Good evening, Sara. How are you?

Sara: Just great! I'm ready for the night.

Jessica: What will you do tonight? Can I join you?

Sara: You always go to bed early, Jessica. I'm planning to watch several movies and take a bath.

Jessica: Do you love to stay up late? People who stay up all night are called night owls.

Sara: Sometimes, if I am not too tired. I think night-time is way calmer and quieter. How about you?

Jessica: Well, for me, it is so hard to stay up all night. I'm an early bird.



Sara: I guess coffee would help.

Jessica: Perhaps it would, Sara!

Sara: You have an important meeting at work tomorrow, so you should probably go to sleep early tonight.

Jessica: Yes, you are right. I need to get some rest.

Sara: Good luck tomorrow!

Jessica: I have a lot to prepare to make sure that the meeting will be successful.

Sara: You know what they say, the early bird catches the worm!



## Exercise 3 – Fill in the Blanks

*Choose the correct answers from the answer pool below and fill in the blanks.*

### Answer Pool

night owl

early bird

important

way

the early bird catches the  
worm

1. This movie is \_\_\_\_\_ too funny.
2. She always goes to bed after midnight, she's a \_\_\_\_\_.
3. The president has the most \_\_\_\_\_ role in the company.
4. Be an \_\_\_\_\_ if you want to earn more money.
5. Is it true that \_\_\_\_\_?



## Exercise 4 – Role Play

*Take turns with your tutor and act out the scene described below.*

**Scene:** You are a night owl, while your friend Susan is an early bird. Discuss the good and bad sides of both lifestyles. The teacher can be Susan.



## Exercise 5 – Discussion

*Discuss the following questions with your tutor.*

1. Are you an early bird or a night owl? Why?
2. Which do you enjoy more, the silence of the night or the calmness of the morning? Why?
3. Is it true that early birds get the worm, or in other words, earn more money? Why? Why not?
4. How does waking up early make you feel more productive?
5. How can staying up all night be harmful to a person's health?