06.12 Class

Unit 6A

1b:

* My home is a mess
* I am addicted to my mobile
* I can’t concentrate on my work
* I don’t sleep well

1c:

1. Listen to music while you clean

When the 15 minutes are finished, you should stop

1. It's important to give yourself rules

If youf friends have the same problem as you, put all of your phones together, in a pile and out of the way

1. You shouldn't work for hours without a break

Rewards are really important, too

1. Don't use devices with bright screens

Read a book and drink a cup of warm milk in the evening

1e: Yes, I think the advice in each paragraph is useful. I often use some of this advices and it helps deal with life.

2a:

1. Turn on the TV or listen to music while you clean
2. You should try to drink less coffee and smoke less, too
3. You shouldn't work for hours without a break.
4. Don't use devices with bright screens before you go to sleep

2b: 1. Listen - infinitive

2. should try – don't +infinitive

3. shouldn't work – subject + shouldn't + infinitive

4. Don't use - don't +infinitive

3a:

1 What is a problem you have to deal with every day?

2 Do you listen to music while you clean?

3 How often do you look at your phone?

4 What stops you concentrating on your work?

5 Do you think about your work at weekends?

6 Who can you ask about problems at school or work?

3b:

1. I have to get up early
2. Yes, I do
3. I look at my phone every ten minutes
4. Messages from different telegram chats stops me concentrating on my work
5. Yes, I do
6. I can ask my classmates about problems

3c: 1d 2c 3b 4a 5f 6h 7e 8g

3d: don’t have enough money

Problems with work

3e: I TRIED

1b a: relaxed - расслабленый

b: relaxing – расслабляющий

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A:

2. He should have breakfast

3. He should drink coffee less

4. He shouldn’t drive to work

5. He shouldn’t use his phone in the car

6. He should stop for lunch

7. He should eat at his desk

8. He should got to bed earlier

B:

2. wake

3. get

4. set

5. go

6. spend

7. eat

8. drink

C:

1 Everybody should bring warm clothes.

2 How much money I should take?

3 Don't be late for the party!

4 He should be more careful.

5 Don’t spend so much money on the Internet.

6 You shouldn’t check our email every five minutes.

7 What do you think I should do to get fit?

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