**Drill 1: FALL ASLEEP**

**Meaning:**

* **Definition:** To begin sleeping.
* **Context:** Used to describe the action of starting to sleep, often after trying for some time.
* **CCQs:**
  + *“Are you already sleeping?”* (No)
  + *“Does this describe the action of starting to sleep?”* (Yes)

**Form:**

* **Part of Speech:** Phrasal verb
* **Structure:** Verb (*fall*) + adjective (*asleep*)

**Pronunciation:**

* **Transcription:** /fɔːl əˈsliːp/
* **Stress:** FALL aSLEEP (stress on "asleep")
* **Connected Speech Issues:** The final consonant in *fall* links to the vowel sound in *asleep.*

**Anticipated Problems:**

* **Meaning:** Students might confuse *fall asleep* with *sleep.*
  + **Solution:** Clarify that it refers to starting to sleep.
* **Pronunciation:** The /ɔː/ sound in *fall* and the /əˈsliːp/\* might be tricky.
  + **Solution:** Break down the syllables and drill them individually before combining.

**Drill 2: WAKE UP**

**Meaning:**

* **Definition:** To stop sleeping and become conscious.
* **Context:** Used to describe the action of stopping sleep, usually in the morning or after a nap.
* **CCQs:**
  + *“Are you still sleeping?”* (No)
  + *“Does this describe the action of stopping sleep?”* (Yes)

**Form:**

* **Part of Speech:** Phrasal verb
* **Structure:** Verb (*wake*) + preposition (*up*)

**Pronunciation:**

* **Transcription:** /weɪk ʌp/
* **Stress:** WAKE up (stress on "wake")
* **Connected Speech Issues:** The transition from /weɪk/ to /ʌp/ may be tricky, especially the glottal stop.

**Anticipated Problems:**

* **Meaning:** Students might confuse *wake up* with *get up* (getting out of bed).
  + **Solution:** Clarify that *wake up* is when you stop sleeping.
* **Pronunciation:** The diphthong /weɪ/ in *wake* and the short /ʌ/ in *up*.
  + **Solution:** Drill the sounds separately and emphasize linking them together.

**Drill 3: RELAX BEFORE BED**

**Meaning:**

* **Definition:** To calm down and unwind before going to sleep.
* **Context:** Refers to doing something calming before bedtime to make falling asleep easier.
* **CCQs:**
  + *“Does this describe something you do before or after sleeping?”* (Before)
  + *“Do you feel stressed or calm when you relax?”* (Calm)

**Form:**

* **Part of Speech:** Verb phrase
* **Structure:**

**Pronunciation:**

* **Transcription:** /rɪˈlæks bɪˈfɔː bɛd/
* **Stress:** reLAX beFORE BED (stress on *relax* and *before*)
* **Connected Speech Issues:** The /s/ in *relax* may connect to the /b/ in *before*, making it difficult to separate sounds.

**Anticipated Problems:**

* **Meaning:** Students might confuse *relax* with physical rest rather than mental unwinding.
  + **Solution:** Use real-life examples of relaxing activities.
* **Pronunciation:** The /æks/ in *relax* and the schwa /ə/ in *before* might be difficult.
  + **Solution:** Break down the pronunciation into syllables and drill slowly.

**Drill 4: GET OUT OF BED**

**Meaning:**

* **Definition:** To physically leave the bed after waking up.
* **Context:** Used to describe the action of physically leaving the bed, usually after waking up.
* **CCQs:**
  + *“Are you still lying in bed when you get out of bed?”* (No)
  + *“Do you wake up or physically move when you get out of bed?”* (Physically move)

**Form:**

* **Part of Speech:** Phrasal verb
* **Structure:** Verb (*get*) + preposition (*out of*) + noun (*bed*)

**Pronunciation:**

* **Transcription:** /ɡɛt aʊt əv bɛd/
* **Stress:** GET OUT OF BED (stress on *get* and *bed*)
* **Connected Speech Issues:** *out of* may be reduced to /aʊt əv/ in fast speech, and students might struggle with the connected speech between *out* and *of*.

**Anticipated Problems:**

* **Meaning:** Students might confuse *get out of bed* with *wake up* (the action of stopping sleep).
  + **Solution:** Clarify that *get out of bed* means physically leaving the bed.
* **Pronunciation:** The diphthong /aʊ/ in *out* might be difficult for some students.
  + **Solution:** Drill *out of* as a chunk, then connect it to the rest of the phrase.

**Drill 5: WARM MILK**

**Meaning:**

* **Definition:** Milk that is slightly heated, often drunk to help relax before bed.
* **Context:** Refers to the drink taken before bed as a calming routine.
* **CCQs:**
  + *“Is warm milk hot?”* (No)
  + *“Do you drink warm milk cold?”* (No)

**Form:**

* **Part of Speech:** Adjective + noun
* **Structure:** Adjective (*warm*) + noun (*milk*)

**Pronunciation:**

* **Transcription:** /wɔːm mɪlk/
* **Stress:** WARM MILK (stress on *warm*)
* **Connected Speech Issues:** Students may struggle with the /m/ sound connecting *warm* and *milk*, especially with the short /ɪ/ vowel in *milk*.

**Anticipated Problems:**

* **Meaning:** Students may confuse *warm* with *hot*.
  + **Solution:** Use examples of different temperatures (warm vs. hot).
* **Pronunciation:** The /ɔː/ sound in *warm* and the /mɪlk/ cluster might be tricky.
  + **Solution:** Focus on drilling /wɔːm/ separately and emphasize the final consonant in *milk.*