Lead in (5 minutes)

Teacher:

"Good morning, class!

What do you think we’re going to talk about Today?

Yes we’re going to talk about sleep. Let's start with some questions."

(Pause and look around the room, encouraging participation).

Teacher:

"Okay, now I want you to discuss these questions with your partner for 2 minutes. Share your own experiences."

(Gesture to students to pair up and begin).

ICQ (Instruction Checking Question):

- "Are you talking with your partner or writing? (Talking)"

- "How much time do you have? (2 minutes)"

(After 2 minutes, ask a few pairs to share their answers).

What did X tell you about his sleeping habits?

And what did Y tell you?

Teacher:

"Great! Let’s move on."

Task 1: Skimming (3 minutes)

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*Pre-Reading (5 minutes)*

Teacher:

While Chesting.

So, this text is called Early to bed Early to rise

Its 10 tips to help you with your sleep. (do we know what tips are? Advice, (not the tip you give a waiter or a taxi driver)

Some of them are about waking up (act)

And some of them are about Falling asleep (stretch+ yawn)

Identify the tips that are about Waking up and the tips that are Falling asleep

Write a W against the tip that’s about waking up

Write an F against the tip that’s about Falling asleep

Lets do the first one together

Read the first tip elicit the answer

Now you, you have two minutes to quickly scan the text and mark the tips with a W or an F (board)

ICQ: Do we put a W next to a tip about falling asleep (No)

Are we going to take 2 minutes (Yes)

Ok let’s go. \*WATCH\*

Hand out (take one and pass it on)

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*While-Reading (15 minutes)*

Teacher:

ICQs:

- "How many minutes do you have? (2 minutes)"

Task 2: Scanning (7 minutes)

Teacher:

"Now, let’s scan the text for details.

ICQs:

- "What will you write next to advice about falling asleep? (F)"

- "What will you write next to advice about waking up? (W)"

(Give students 3-4 minutes for this task. Monitor them, then check the answers as a class. Ask students to volunteer the advice they found).

Teacher:

"Okay, let’s check together. What did you mark as advice for falling asleep? And for waking up?"

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Drill slides

**Drill 1: FALL ASLEEP**

**Meaning:**

* **Definition:** To begin sleeping.

Fall asleep

* **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)

Me What what what is he told you and answer to these questions? Question what did you say? But what did You

Post-Reading (10 minutes)

Task 4: Speaking Activity – Group Discussion (8 minutes)

Teacher:

"Now, let’s discuss! I want you to talk in small groups. Discuss the advice in the text. Which advice do you think is the most useful? Why? Also, what do you normally do to wake up in the morning? You have 5 minutes."

(Divide students into groups of 3-4 and ask them to begin).

ICQs:

- "What are you discussing? (The most useful advice and our own habits)"

- "Are you working alone or in groups? (Groups)"

(Monitor groups, listening for good ideas and helping as needed. After 5 minutes, ask some groups to share their thoughts).

Teacher:

"Okay, let’s hear some ideas. What advice did you find useful? Who can share?"

(Allow a few students to speak).

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Wrap-Up (5 minutes)

Teacher:

"Great work today, everyone! Before we finish, let’s summarize: What’s one piece of advice you would like to try tonight or tomorrow morning? Think for a moment, then share with your partner."

(Give students a minute to think, then share with partners for 2 minutes).

ICQs:

- "What are you thinking about? (One piece of advice to try)"

- "Who are you sharing with? (My partner)"

Teacher:

"Finally, who wants to share their plan with the class?"

(Invite a couple of volunteers to share).

Teacher:

"Excellent! Your homework is to try one piece of advice from the text tonight or tomorrow morning and come back next time to tell us how it worked for you. See you next lesson!"

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End of Lesson