

HOW TO STOP PROCRASTINATING

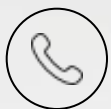
CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

1. **Vocabulary game:** Rearrange the letters in the highlighted words to complete the poem. Who gets the most correct words will be the winner.

The lazy poem

I don't feel like **indog** anything
I don't feel like writing a poem
I miss my **edb**, I want to go **mhoe**
I don't want to move, I can't lift my
bone.
I'm too **lyza** to think of words
My fingers cannot **enve** write this poem
Not moving an inch **ulowd** be worse
Oh I want to **ate** something, where is
my purse?
I don't feel like going **oistude**.



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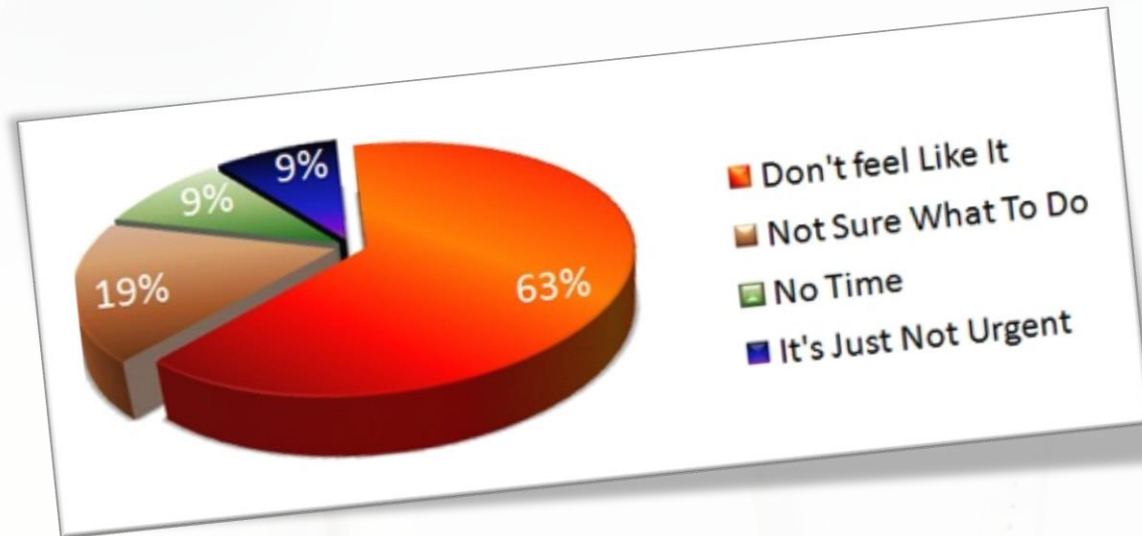


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2. Why do people procrastinate?



3. Discuss the question with your partner: What should we do to avoid procrastination?



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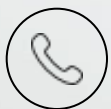


No speaker

4. Role-play

A: Your child keeps watching TV even when he/she hasn't finished his/her homework yet. Explain to your child why he/she should not procrastinate as well as how to deal with everything beforehand.

B: You are A's child. Talk with him/her.



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A cup of coffee, a watch, and a notebook in the background.

Wrap-up

Topic: **How to stop procrastinating**

- Have discussions about:
 - ✓ Why do you procrastinate?
 - ✓ What should we do to avoid procrastination?
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)