

NEWS ENGLISH LESSONS.com

Students have lessons in how to sleep

MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:

<http://www.NewsEnglishLessons.com/1003/100315-sleep.html>

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15th March, 2010

THE READING / TAPESCRIPT

From: <http://www.NewsEnglishLessons.com/1003/100315-sleep.html>

A new BBC report says students at schools in Scotland are having lessons in how to sleep. The lessons started because many pupils did not have a proper sleep routine. Teachers taught the children how good sleeping patterns can help them study better. One of the important points in the lessons was not to watch TV late at night. Other advice was to sleep for nine hours or more every night. One 15-year-old said he had tried going to bed early. He told the BBC: "I went to my bed at 10-ish rather than 11, and I do feel a little bit more awake."

This is amazing news. It is difficult to understand why a school needs to give sleep lessons. That should be what parents do. I suppose that is life today. Children are staying up later and later. They don't go to bed because they want to watch TV, play games or chat online. This is bad news for their school work. Many children try to finish their homework in a hurry because they want to use their computer. Kids who go to bed late fall asleep in class. If all children do this, maybe we'll have fewer doctors and scientists because no one will pass exams.

PHRASE MATCH

From: <http://www.NewsEnglishLessons.com/1003/100315-sleep.html>

Match the following phrases from the article.

Paragraph 1

- | | |
|---------------------------------|--------------------------|
| 1. pupils did not have a proper | a. points in the lessons |
| 2. good sleeping | b. rather than 11 |
| 3. One of the important | c. sleep routine |
| 4. sleep for nine | d. bit more awake |
| 5. I went to my bed at 10-ish | e. patterns |
| 6. I do feel a little | f. hours or more |

Paragraph 2

- | | |
|---------------------------------|--------------------|
| 1. It is difficult to | a. life today |
| 2. That should be what | b. asleep in class |
| 3. I suppose that is | c. parents do |
| 4. play games or chat | d. in a hurry |
| 5. finish their homework | e. understand why |
| 6. Kids who go to bed late fall | f. online |

LISTENING GAP FILL

From: <http://www.NewsEnglishLessons.com/1003/100315-sleep.html>

A new BBC report says students at schools in Scotland are having _____ sleep. The lessons started because many pupils did _____ sleep routine. Teachers taught the children how good sleeping patterns _____ better. One of the important points in the lessons was not to watch TV late at night. Other _____ for nine hours or more every night. One 15-year-old said he had tried going to bed early. He told the BBC: "I went to _____ rather than 11, and I do _____ more awake."

This is amazing news. It is _____ why a school needs to give sleep lessons. That should be what parents do. I _____ life today. Children are staying up later and later. They don't go to bed because they want to watch TV, play games _____. This is bad news for their school work. Many children try to finish their homework _____ they want to use their computer. Kids who _____ asleep in class. If all children do this, maybe we'll have fewer doctors and scientists because _____ exams.

MULTIPLE CHOICE

From: <http://www.NewsEnglishLessons.com/1003/100315-sleep.html>

A new BBC report says students at schools in Scotland are (1) _____ lessons in how to sleep. The lessons started because many pupils did not have a (2) _____ sleep routine. Teachers taught the children how good sleeping patterns can help them study better. One of the important (3) _____ in the lessons was not to watch TV late at night. Other (4) _____ was to sleep for nine hours or more every night. One 15-year-old said he had tried going to bed early. He told the BBC: "I went to my bed at 10-ish rather than 11, and I do feel a little bit more (5) _____."

This is (6) _____ news. It is difficult to understand why a school needs to give sleep lessons. That should be what parents do. I suppose that is life today. Children are staying up (7) _____ and later. They don't go to bed because they want to watch TV, play games or chat online. This is bad news for their school work. Many children try to finish their homework (8) _____ a hurry because they want to use their computer. Kids who go to bed late (9) _____ asleep in class. If all children do this, maybe we'll have fewer doctors and scientists (10) _____ no one will pass exams.

Put the correct words from this table into the article.

- | | | | |
|-----|--------------|---------------|--------------|
| 1. | (a) having | (b) had | (c) has |
| 2. | (a) properly | (b) prosper | (c) proper |
| 3. | (a) pointy | (b) points | (c) pointed |
| 4. | (a) advice | (b) advise | (c) advising |
| 5. | (a) awake | (b) wake | (c) wake up |
| 6. | (a) amaze | (b) amazement | (c) amazing |
| 7. | (a) late | (b) later | (c) lately |
| 8. | (a) on | (b) at | (c) in |
| 9. | (a) falling | (b) fell | (c) fall |
| 10. | (a) however | (b) because | (c) although |

SPELLING

From: <http://www.NewsEnglishLessons.com/1003/100315-sleep.html>

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. BBC preotr
2. have a porpre sleep
3. good sleeping rpttensa
4. Other ivdeca
5. 10-ish aethrr than 11
6. feel a little bit more aewka

Paragraph 2

7. magazin news
8. gintays up later
9. chat nenloi
10. hifins their homework
11. fall seeapl
12. we'll have efwre doctors

PUT THE TEXT BACK TOGETHER

From: <http://www.NewsEnglishLessons.com/1003/100315-sleep.html>

Number these lines in the correct order.

- () started because many pupils did not have a proper sleep routine. Teachers taught the children how good
- () what parents do. I suppose that is life today. Children are staying up later and later. They don't go to
- () bed because they want to watch TV, play games or chat online. This is bad news for their school work. Many
- (**1**) A new BBC report says students at schools in Scotland are having lessons in how to sleep. The lessons
- () This is amazing news. It is difficult to understand why a school needs to give sleep lessons. That should be
- () bed early. He told the BBC: "I went to my bed at 10-ish rather than 11, and I do feel a little bit more awake."
- () children try to finish their homework in a hurry because they want to use their computer. Kids who go to bed late
- () at night. Other advice was to sleep for nine hours or more every night. One 15-year-old said he had tried going to
- () fall asleep in class. If all children do this, maybe we'll have fewer doctors and scientists because no one will pass exams.
- () sleeping patterns can help them study better. One of the important points in the lessons was not to watch TV late

THE READING / TAPESCRIPT

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With a partner, put the words back into the correct order.

1. lessons how sleep Having in to.

2. sleep not routine have a Pupils proper did.

3. lessons important points One in of the the.

4. sleep Other for advice nine was hours to.

5. do more feel awake a little I bit.

6. It difficult understand is to why.

7. what do That be parents should.

8. for This their is school bad work news.

9. finish to try children Many homework their.

10. we'll Maybe doctors fewer have.

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

WRITING

From: <http://www.NewsEnglishLessons.com/1003/100315-sleep.html>

Write about sleep for 10 minutes. Show your partner your paper. Correct each other's work.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. SLEEP: Search the Internet and find more information about sleep. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about sleep. Include imaginary an interview with a sleep expert. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

5. LETTER: Write a letter to a sleep expert. Ask him/her three questions about sleep. Give him/her three of your opinions on sleep and children. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.