

Sleep

9:30 - 9:40 Ice Breaker

- What is the **best** thing that happened to you this week?
- What is the **worst** thing that happened to you this week?
-

9:40-10:00 Vocabulary and Conversation



Sleep! We all need it! And we **rarely** get enough of it. In our busy world of **deadlines**, **technology**, homework, and noise it's not easy to get a good night's **rest**. Yet having enough sleep is really important! Sleep makes a difference to our health, to our **energy**, and to our feelings. Are you getting enough sleep? Are your children getting enough sleep? Without enough sleep, it will be difficult to do everything we need to do in our lives. So go to bed early -- your

body will thank you for it tomorrow!

Vocabulary

- **rarely** – not very often
- **deadlines** – times we need to finish something, maybe the time we must give homework to a teacher or a project to a boss
- **technology** – things that use electricity or power, like TVs, computers or cell phones
- **rest** – a time for our body to be still; not moving or working
- **energy** – what we need to move or do things in life

1. Practice this conversation at least twice. The second time, take a different role.

David: Hi Adam, how's it going?

Adam: Hey David, I'm beat. It's been a busy week for me.

David: You look tired. Are you getting enough sleep?

Adam: I don't know. Maybe not. Last night I had a project to finish so I worked till 2:00 a.m. And I woke up this morning at 6:00 a.m. to go to a meeting.

David: Wow, that's only 4 hours of sleep!

Adam: I know. But sometimes I sleep a lot. It's different every night.

David: That's not good. I think it must be hard for your body to feel normal. No wonder you're tired.

Adam: Do you think getting enough sleep is really important?

David: Absolutely, your body needs sleep to be healthy. Most people need 7 to 9 hours of sleep every night.

Adam: I don't think that's possible – I'm too busy!

David: But you should try. And you should try to sleep at the same time every night – then your body will expect it. It will help you be less tired.

Adam: Well, I guess I can try. I don't like feeling tired every day.

David: Good luck!

2. Match these sentences. Practice reading them out loud.

It's hard to get enough ..._____

a. makes a man healthy, wealthy and wise.

Sleep affects ..._____

b. coffee or some other drink with caffeine when they are tired.

Early to bed and early to rise ..._____

c. our energy level!

"Sleeping in" means ..._____

d. "power naps."

Short naps during the day are sometimes called ..._____

e. sleep these days

Many people drink..._____

f. to sleep late.

10:10 - 10:25 Grammar and Practice – Review of Subject, Verb and Object

Look at this sentence from the above conversation:

David: Absolutely, **your body needs sleep** to be healthy. Many people need 7 to 9 hours of sleep every night.

This sentence has a common pattern in English: a subject, then verb, then object. Let's review these concepts together:

- The *subject* of an English sentence is always a noun (a person, place or thing). The *subject* is the noun that does the verb.

- The *verb* in an English sentence is an action word or a word that describes a situation (like “is”).
- Sometimes an English sentence has an *object*. The *object* is a noun that the verb happens to.

Look at the examples below:

- The boy hit the ball.

The boy is the *subject*. He does the action of the sentence.

hit is the *verb*. It is the action of the sentence.

the ball is the *object*. It is the thing that was hit.

Exercise 1 – Complete each diagram with the correct subject, verb, and object. Note: If there is no object, just leave that space blank.

1. The carpenter built a table.

_____	_____	_____
Subject	Verb	Object

2. Birds fly.

_____	_____	_____
Subject	Verb	Object

3. Cows eat grass.

_____	_____	_____
Subject	Verb	Object

4. The park ranger blew the whistle.

_____	_____	_____
Subject	Verb	Object

5. The choir sang.

_____	_____	_____
Subject	Verb	Object

Exercise 2: Identifying nouns and verbs and objects.

Write S over each SUBJECT, V over each VERB and O over each OBJECT (if present) in the following sentences.

1. People *smile* when they are happy.
2. Mary has a nice *smile* when she is happy.
3. Please don't write your *name* in pencil.
4. People often *name* their children after parents.
5. Airplanes *land* on runways at the airport.
6. The *land* across the street from our house is vacant.
7. People usually *store* milk in the refrigerator
8. We went to the *store* to buy some milk.
9. I took the fast *train* from Deerfield to Chicago last week.
10. They *train* horses as a hobby.

Remember that some verbs must always have a direct object. (They are called transitive verbs.) For example, the verbs *love*, *like* and *buy* are transitive because you love someone/something and you buy something. (I *love* her. They *bought* a new car.) We cannot say *I like*. We must say I like *her, him, it, my class, my teacher, etc.*

Other verbs do not have a direct object. (They are called intransitive verbs.) You cannot put a noun or pronoun directly after them. For example, the verbs *go* and *die* are intransitive because you cannot go something or die something. Example: He went home before he died.

Some verbs can be either transitive or intransitive depending on their use in a sentence. For example: (1) She studied art. (2) She studied in Italy.

Exercise 3: Make Sentences

Write four sentences, either alone or with a partner. Then identify the subject, verb and object (if present). Try to write two sentences that use transitive verbs and two sentences that use intransitive verbs.

1. _____
2. _____
3. _____
4. _____

10:25 - 10:40 Discussion

Here are some questions about sleep and sleep habits. Discuss them together as a group.

1. How much sleep do you get every night? How much do you want to get?
2. When do you go to sleep? When do you wake up? Is it the same every night? Do you ever sleep late?

3. Do you feel tired sometimes? What do you do when you are tired?
4. Do you take naps? How often? Do you like naps?
5. How much do people sleep in Japan? Men? Women? Children? Do people sleep the same amount in the city as in the countryside?
6. In Japan there is an idea called *inemuri*: falling asleep at public events or in a meeting. In Japan this is generally viewed as a good thing, especially for bosses or important people – because it shows they are working late and sacrificing themselves for their job. Have you ever seen *inemuri*? What do you think of it?
7. What would Americans think about *inemuri*? Have you seen Americans fall asleep in a meeting, a class or at public events?
8. Do you ever suffer from insomnia? What do you do if you cannot sleep?
9. What do you do if your children cannot sleep? What could a mother do?
10. Some people say you should do nothing in your bed except sleep – no reading, watching TV or working. Other people read, watch TV, work and even eat in bed. What do you think?
11. What are some suggestions you have for getting a better night's sleep?
12. Do you like to have some noise in your room when you sleep, like a fan or some music? Or do you like the room to be very quiet?
13. Do you sleep with a small light or do you prefer the room to be very dark?
14. Some people say more sleep can make a person healthy and strong. Others say more sleep can make a person lazy. What do you think?
15. Are you a light sleeper or a heavy sleeper? Do you wake up easily?
16. Do you have dreams or nightmares? Do you remember them?
17. Did you ever sleep-walk?