

SHIFT + DEL

A BAD HABIT

 Before watch the video
*Match the words with the pictures.



Watching TV
shows

Wasting time
online



Swearing

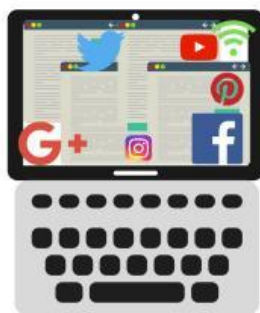
Snacking

Gossiping



Nail biting

Sleeping-in

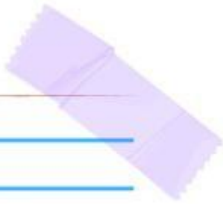


*Now, rate those bad habits from 0 (I never do it) to 5 (I always do it) according to the frequency that you do it.

- *Share your information with a classmate. Are your answers similar or different?
- *Can you think about three more bad habits?

 While you watch the video

- *List some Matt's bad habits:



- *How many days he spend doing a new activity?
why?

*What is **THE NATIONAL NOVEL
WRITING MONTH?** 



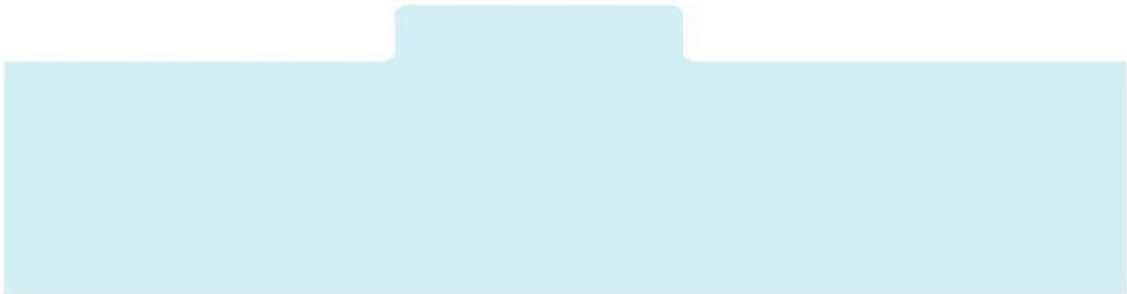
- *What do need to do to be part of
that writing competition?

 After you watch the video

*What did he get by changing his bad habits?

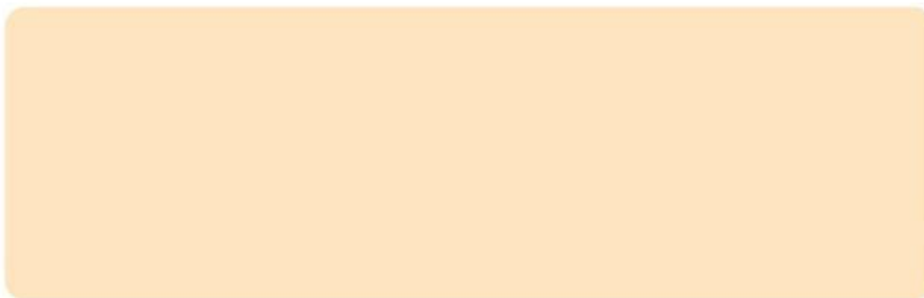


*What is his formula to change a bad habit and make it possible?



... what about you?!

*What bad habit are you going to change?



YOU

Created by LaMiG