Tên: ……..

Lớp: S8…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Week: 39

Từ vựng HW: ……

Nghe HW: ……

SKILL BUILDER: LISTENING + SPEAKING

A. EXTRA VOCABULARY

Con bấm vào link/code để nghe và đọc lại từ vựng nhé:
https://on.soundcloud.com/zxpzqUrmZV2bWCWs86

No.	New words	Meanings	No.	New words	Meanings
1	**have nothing to do with sth** (phr.)	hoàn toàn không liên quan gì đến (cái gì/ai đó)	9	**focus block** (phr.)	khối thời gian tập trung
2	**low on sth** (phr.)	thiếu hụt, sắp cạn kiệt thứ gì đó	10	**dopamine spike** (phr.)	sự tăng vọt/đột biến dopamine
3	**drain someone's battery/energy** (phr.)	rút cạn kiệt năng lượng/sức lực của ai đó	11	**momentum** (n)	đà, đà tiến tới
4	**mental overload** (phr.)	sự quá tải về mặt tinh thần/trí óc	12	**instant crash** (noun phr.)	sự sụt giảm/tụt dốc năng lượng ngay lập tức
5	**a storm of sth** (idiom)	lượng lớn những thứ gì đó	13	**under-fueling** (n)	việc nạp không đủ nhiên liệu/năng lượng cho cơ thể
6	**emotional exhaustion** (phr.)	sự suy kiệt/kiệt quệ về mặt cảm xúc	14	**sprint** (v)	chạy nước rút (ẩn dụ cho việc vừa ngủ dậy đã lao ngay vào làm việc với cường độ cao hoặc căng thẳng)
7	**brain fog** (phr./idiom)	cảm giác lờ đờ, kém minh mẫn, không thể suy nghĩ rõ ràng hoặc tập trung	15	**low motivation** (n)	thiếu động lực, động lực thấp
8	**mental bandwidth** (phr.)	khả năng tiếp nhận và xử lý thông tin của não bộ			

B. CLASSWORK

Con bấm vào link/code để làm bài nghe nhé:
https://www.youtube.com/watch?v=tFbuCrBftyA

LISTENING

I. You will hear a speaker talking about why people feel tired even after sleeping for eight hours. For each question, fill in the missing information in the numbered space. Write ONE or TWO WORDS.

LIVEWORKSHEETS

WHY YOU'RE ALWAYS TIRED

The Real Problem

- Waking up tired doesn't mean you lack sleep; you are actually **(1)** ..... energy.

Four Silent Energy Drainers

- **Mental overload:** Waking up to a **(2)** ..... of notifications makes your brain feel like it's sprinting.
- **Under-fueling:** Poor daily habits, such as not drinking enough water or irregular eating.
- **Emotional exhaustion:** Constant stress and overthinking quietly **(3)** ..... your battery.
- **No movement:** Sitting immediately after waking up keeps your body in sleep mode.

How to Fix It

- **Hydrate first:** Drink water before caffeine, as slight dehydration leads to **(4)** ..... .
- **Prepare the night before:** Make fewer decisions in the morning because your brain has limited mental **(5)** ..... .
- **One task:** Start with a single **(6)** ..... block. Avoid scrolling to build momentum.

II. Listen and decide whether each statement is TRUE (T) or FALSE (F).

1. Under-fueling includes habits such as not drinking enough water, getting too little sunlight, and eating at irregular times. ___
2. The speaker recommends going to the gym for at least five minutes each morning to build energy. ___
3. Checking your phone first thing in the morning causes a dopamine spike that is immediately followed by a crash. ___
4. Emotional exhaustion only drains your energy after the working day has started. ___
5. Skipping meals or eating too little causes the brain to lose focus because it lacks fuel. ___
6. The speaker says you need more sleep to solve your energy problem. ___

C. HOMEWORK

VOCABULARY (18 questions)

I. Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ ở phần A. Extra Vocabulary (trang 1) 1 dòng vào vở ghi.

II. Choose the correct answers.

1. I am very tired. I think this long day will _____ my energy.

A. sprint B. drain C. focus D. crash

2. This problem _____ my homework. It is about my family.

A. has nothing to do with B. is low on C. is a storm of D. is a focus block

3. I cannot think clearly today. I have _____.

A. momentum B. brain fog C. dopamine spike D. sprint

LIVEWORKSHEETS

4. She feels very tired and sad after many busy weeks. She has _____.

A. emotional exhaustion B. mental bandwidth

C. focus block D. low motivation

5. We need to buy more food. We are _____ rice.

A. good at B. full of C. low on D. late for

6. A short time for studying without stopping is a _____.

A. dopamine spike B. focus block C. storm D. crash

III. Complete the passage with the correct words/phrases from the box. There are TWO extra words/phrases.

mental overload	**dopamine spike**	**momentum**	**focus block**
under-fueling	**a storm of**	**low motivation**	**brain fog**

Last week, I had a very busy school week. I had many tests, projects, and messages from my classmates. At one point, I experience **(1)** _____ because I had too many things to think about.

On Tuesday, I skipped breakfast and lunch because I was too busy. In the afternoon, I felt weak and tired. I knew I was **(2)** _____ my body.

On Wednesday, I tried to study English for 25 minutes without using my phone. That short study time was a good **(3)** _____. After that, I felt better and finished more homework.

On Thursday, I got a high score on my English quiz. I had a quick **(4)** _____ and felt very happy. But later, I received **(5)** _____ messages from my group chat, so I could not focus again.

By Friday, I was tired and did not want to study. I had **(6)** _____, but I still tried to finish one small task.

IV. Rearrange the words/phrases to make complete sentences.

1. have / to deal with / the / I / don't / right now / mental bandwidth / this problem / .

→ _____.

2. in your brain / causes / a / Getting likes / dopamine spike / on social media / .

→ _____.

3. of protests / caused / The new school rules / from the students / a storm / .

→ _____.

4. going / the momentum / We need / to finish / to keep / on time / the project / .

→ _____.

5. a lot of sugar, / experienced / an / After eating / instant crash / he / .

→ _____.

6. with / is struggling / to study / She / low motivation / for the final exams / .

→ _____.

LIVEWORKSHEETS

LISTENING PRACTICE (6 questions)

Lưu ý:

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài.

Con bấm vào link/code để làm bài nghe nhé:

https://www.youtube.com/watch?v=tFbuCrBftyA

You will hear a speaker talking about energy levels and how to improve them. For each question, choose the correct answer **A**, **B**, or **C**.

1. According to the speaker, waking up tired is usually a sign that you

A) did not sleep for a full eight hours.

B) are low on energy, not necessarily low on sleep.

C) have a physical or medical illness.

2. What does the speaker say about "Mental overload" in the morning?

A) It is caused by not making enough decisions.

B) It feels like your body is moving too fast.

C) It is like starting to run fast as soon as you get up.

3. Why does sitting down immediately after waking up keep the body in "sleep mode"?

A) The body needs movement to generate energy.

B) Sitting down causes emotional exhaustion.

C) It makes people want to go back to bed.

4. To fix your energy in the first 10 minutes of the day, the speaker suggests

A) doing a heavy workout at the gym.

B) opening curtains or stepping outside for light.

C) drinking a large cup of coffee immediately.

5. Preparing for your morning the night before helps because it

A) increases your dopamine levels.

B) allows you to check your phone earlier.

C) reduces the number of decisions you have to make.

6. What is the speaker's main conclusion at the end of the talk?

A) Low motivation and laziness are the main reasons people fail.

B) Energy is not something you are stuck with; you can build it.

C) People should stop working under pressure to save energy.

LIVEWORKSHEETS