Back to School: Setting Goals & Balancing Daily Life

Step 1: Warm-Up & Feelings

Starting Grade 9 brings new opportunities, subjects, and challenges. How are you feeling about returning to school this September?

Word Bank: Emotions

excited, curious, anxious, overwhelmed, motivated, confident, tired, distracted

1. Choose **three** words from the box and complete the reflection sentence below:

"Starting Grade 9 makes me feel _____, _____, and _____ because _____."

Step 2: Reading & Vocabulary

Making Grade 9 Work for You: Habits of Successful Teens



Back to school season can be stressful. Grade 9 brings more subjects, exams, and responsibilities. However, you do not need to study 10 hours a day to succeed. Small daily habits can make a huge difference!

1. Set Realistic Priorities: Do not try to change everything in one day. Focus on two main goals for this term (e.g., improving English speaking or sleeping 8 hours).

2. Manage Your Screen Time: Scrolling social media late at night steals your sleep and focus. Try to turn off your phone 30 minutes before bed.

3. Avoid Procrastination: Procrastination means delaying important tasks until the last minute. To avoid this, break big assignments into small 15-minute steps.

4. Stick to a Daily Routine: Create a daily schedule that includes study time, exercise, and relaxation. Remember: taking breaks is as important as studying!

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2. Match each word or phrase (A–E) with its correct definition. Write the correct letter in each box.

A. Set priorities

B. Procrastinate

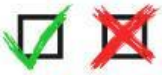
C. Stick to a routine

D.Screentime

E.Take a break

- To keep doing a regular habit or schedule
- To stop working for a short time to rest
- To decide which tasks are the most important
- The amount of time spent looking at phones, TVs, or computers
- To delay doing something that you should do

3. Read the text again. Are the following statements True (T) or False (F)?



a) Grade 9 students must study 10 hours every day to achieve good grades.



b) You should turn off your phone right before falling asleep in bed.



c) Procrastination means completing your assignments too quickly.



d) Taking regular rest breaks is essential for effective studying.

Step 3: Language Focus



Useful Language: Advice & Intentions • Giving Advice: *I / You should...* (+ infinitive) | *I / You shouldn't...* (+ infinitive) | *It's a good idea to...* • **Expressing Intentions:** *This year, I'm planning to...* | *My main goal is to...* | *I want to focus on...*

4. Complete each sentence using **should**, **shouldn't**, **plan to**, or **focus on**:

a) To avoid feeling tired in morning lessons, I _____ go to bed after 11:00 PM.

b) This term, I _____ improve my vocabulary by learning three new English words every day.

c) If you feel overwhelmed by homework, you _____ take a short 10-minute walk.

d) During school hours, I want to _____ spending less time checking notifications.

e) Students _____ procrastinate when preparing for important term assessments.

Step 4: Independent Writing — My Grade 9 Action Plan

Using our Classroom AI-Tutor, write a personal action plan (**80–100 words**) titled **"My Personal Strategy for Grade 9"**

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