

7 tips to help you feel great in the morning!

A have a cold shower



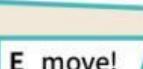
B tidy your room



C let in the sun



D drink fruit juice



E move!



F use your brain!



G don't keep your alarm by your bed



LIVWORKSHEETS

LISTENING

- 1 Read the poster. What do you think of these tips?
- 2 Listen to the radio show. You will hear a woman asking six students about getting up in the morning. Match each student to the correct tip. There is an extra tip.

Student 1 – Tip ___ Student 2 – Tip ___ Student 3 – Tip ___
Student 4 – Tip ___ Student 5 – Tip ___ Student 6 – Tip ___