

THE TIME WE HAVE LEFT

Watch the [video](#) titled "The Time You Have (In JellyBeans)" by Ze Frank.

1 WARM UP

Answer the following questions:

- What candy did you eat when you were a child?
- Do you have a sweet tooth?



2 VIDEO VOCABULARY

Match the words to the correct definitions. Then complete the statements with the new words, and say whether or not they are true for you.

1. commute	a. a routine task, especially a household one.
2. chores	b. To brush and clean something to keep the appearance good.
3. groom	c. travel some distance between one's home and place of work on a regular basis.
4. charity	d. feel anxious or troubled about actual or potential problems.
5. worry	e. an organization set up to provide help and raise money for those in need.

To Complete:

1. I have a very long _____ to work everyday. I usually use public transport as it is good for the environment.
2. I never _____ about things I cannot change. What will be, will be. Besides, stress is bad for your health.
3. I donate to a local _____ each month. I think that giving money to a charity is more important than giving your time.
4. I really like to _____ and keep my appearances up. First impressions last!
5. My daily household _____ include washing the dishes, taking out the rubbish bin and making my bed.

3 LISTENING EXERCISE

Watch the video again and then write down what the following numbers refer to. You need to provide details for each one.

Number:	Details:
8477	
1635	
3202	
2676	
1576	
564	
671	
720	

4 VIDEO DISCUSSION

Discuss the questions related to the video:

1. Which of the numbers from exercise 3 surprised you for being too high / too low?
2. Which of the activities mentioned in exercise 3 above take up a lot of your time?
3. Do you like having a routine?
4. Which time-wasting habits do you want to change?

5 ARTICLE

Read the article below and come up with a title for each tip. Then answer the questions.

Making the Most of your Time.

Do you get less done than you think you should? In our rushed times, many people feel that way. Perhaps one or more of these ideas will help you:

1. _____

Many people don't even try to manage their time better because they think it won't matter much. Perhaps they think that they're just bad at getting stuff done. However, you will feel better if you get more done. As soon as you finish this article, ask yourself, "What should I get done?" Then break it down into one-second tasks: Open the book, turn on the computer, whatever. Then do the first one-second task, then the next, etc. You'll start to build momentum and will instantly feel better, even if the task is as boring as doing the dishes.

2. _____

Accept that time is your most valuable possession. You've heard that before but most people don't fully take it in. We have only a certain number of heartbeats. Making the most of them is central to having a life well lived. That doesn't mean trying to have as much fun as possible. Focus on spending your time on meaningful tasks.

3. _____

You could be time-conscious and still get far less done than you want or should. The key is having a little voice on your shoulder always asking you, "What's the most time-effective way to do this?" Not the fastest way, not the best, but the most time-effective—the way that will yield the greatest benefit per moment spent.

Adapted from Psychology Today: 6 Secrets to making the most of your time by Marty Nemko. [Link](#):

[Article](#)

1. Which of these tips do you find the most useful and why?
2. Are you good at managing your time?
3. Your friend is asking for advice about making the most of his time. Use the article to give him time-management tips. You can add your own tips too.



6

SECOND CONDITIONAL QUESTIONS

Read the theory about second conditional questions and then complete the exercises.

We use second conditional questions to ask hypothetical questions. Hypothetical means that something is not real and has little / no possibility of becoming real.

Example: What would you say if you met the president?

We usually use the modal verb of *would* to form these questions. However, you can also use *could*. It is a way of asking if you were able to.

Example: Where would you live, if you could live anywhere in the world?

Complete the sentences below with *would* / *could*:

1. Who _____ you have dinner with, if you _____ have dinner with anyone in the world?
2. What _____ you change, if you were president?
3. If you _____ have any job in the world, what _____ it be?
4. What car _____ you drive, if you _____ drive any car in the world?
5. If you _____ be any animal in the world, what animal _____ you be?

7

DISCUSSION QUESTIONS

Match two halves to form hypothetical questions and then answer them.

1. Where would you live,	a. if you won the lottery?
2. What would you buy,	b. if you could only travel to one more place?
3. What would you do,	c. if you only had one meal left?
4. What would you eat,	d. if you only had three weeks to live?
5. Where would you travel,	e. if you could live anywhere in the world?

HOMEWORK

1

SECOND CONDITIONAL QUESTIONS

Write answers to the questions in exercise 6 of the worksheet. Your answers need to be written in the second conditional format.

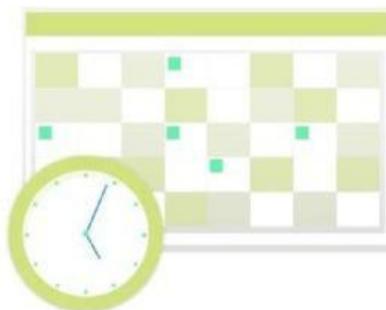
1.

2.

3.

4.

5.



2

TO DO LIST

Write down a to do list for a normal day in your life. Remember to include all your household chores, your commute to work and any other activities that you have to do.

- Wake up at _____.
- Make breakfast.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

3

WRITING TASK

Write answers for the following questions.

1. Why is it important to manage your time?

2. What tips would you give to someone who wants to improve their time-management skills?

