



## Lesson 15: Before and After

**Anna:** Penelope, even though we both love speed walking, could we slow down a bit?

**Penelope:** No way! I think because I'm walking with you, I'm walking faster.

**Anna:** Come on, Penelope. Let's take a break. We've been speed walking since 8 a.m.! You're so **competitive**! You even wore your medals!

**Penelope:** You brought your trophies! You're out of shape. When we were little girls, we could speed walk all day! (*pulls ahead*)

**Anna:** (*chases her*) Hey, wait for me! Hey, you know the speed walking rules! If both feet leave the ground, it's running! You ran!

**Prof. Bot:** Anna and Penelope are doing something they both love - speed walking!

**They are also using adverb clauses.**

Adverb clauses tell us *when, why, how, where* and *under what conditions*.

For example, "since 8 a.m." tells us when.

Adverb clauses are dependent clauses and need an independent clause to make a complete sentence.

Words like *before, after, when, because, since, if* and *even though* can signal an adverb clause.

Keep watching for more adverb clauses!



**Penelope:** Whew! That was great!

**Anna:** (*Anna catches up*) Wow, Penelope, you're still really fast! Since I've been working in an office, my speed walking has been much slower.

**Penelope:** You are slower, Anna. Maybe you should hire a **personal trainer**.

**Anna:** That will be great. As long as the trainer understands speed walking.

**Penelope:** (*hands her a business card*) Try this company. After you **fill out** an online **application**, they will match you to the perfect trainer.

**Anna:** As soon as I get home tonight, I'll do it! Thanks.

**Anna:** Are you my trainer?

**Alaskan Albert:** If you're Anna, then I'm your trainer -- Alaskan Albert. Because I'm from Alaskan wilderness, I'm **skilled** in all outdoor activities of the **wild**.

**Anna:** That's great but what about speed walking?

**Alaskan Albert:** Speed walking? That's funny! Since I've been living in the city, I've combined wilderness training with a city workout. I call it "Call of the Wild **Parkour!**" (*He howls like a wolf.*)

**Anna:** Okay ... but seriously, when do we speed walk?

**Alaskan Albert:** Your **application** did not say how funny you are!

**Anna:** No. But it did say that I'm a speed walker! Did you read it? Forget it. We'll have to cancel.

**Alaskan Albert:** Why?

**Anna:** We can't train today because it's too cold and too windy.

**Alaskan Albert:** No way! **No pain, no gain!** When you exercise in really cold weather, you feel alive!

**Anna:** Really? Because right now I just feel cold.





**Alaskan Albert:** You're so funny. But seriously, after our training, you will be ready for any **extreme physical challenge**. Let's get started!

*(He leads Anna through some parkour exercises.)*

**Alaskan Albert:** Anna, even though you're trying really hard, you're really bad at Call of the Wild Parkour. *(he howls)*

**Anna:** I'm bad at Call of the Wild Parkour because I don't want to do Call of the Wild Parkour! *(she howls)* I am a speed walker. It's what I do. It's part of who I am.

**Alaskan Albert:** Why didn't you say something?

**Anna:** I did. Several times! You thought I was joking.

**Alaskan Albert:** Now I understand. Anna, I can help you., if you **follow** my **advice**, I'll put the speed back in your speed walk.

*(He shows her how to improve her speed walking)*

**Alaskan Albert:** Go, Anna, go!

**Prof. Bot:** For more about adverb clauses, visit our website!

