(2) **TIME**

ACTIVITY 1: Complete the sentences with the correct verbs from the box.



FIND TIME HAVE TIME

MAKE TIME RUN OUT OF TIME

SAVE TIME SHARE TIME

SPEND TIME TAKE TIME

WASTE TIME

1.	I usually time talking to friends on weekends. If I							
	enough time, I practice the guitar for an hour.							
2.	I'm afraid I often time. For example, I spend too much time							
	checking my phone. If I need to time to do more important							
	things, I turn it off.							
3.	I usually walk to school. It doesn't a long time. But If I'm in a							
	hurry, I get the bus to time.							
4.	Our projects have to be finished tomorrow. But I need another week. I'm							
	going to time!							
ACTIVITY 2: Personal Questions.								
1.	How do you spend most of your free time?							
2.	2. What do you find difficult to make time for in life, e.g. friends, hobbies, exercise? Why?							

3. Do you ever waste time? Explain your answer.



ACTIVITY 3: Read the text and answer the questions:
1. Why do adults need less sleep?
2. If the student in text A has two hours of homework, what time do you think he goes to bed?
3. Why do teenagers have difficulty sleeping?
4. What are the connections between text A and B?
5. Are the messages in text C friendly, in your opinion?
VOCABULARY
get to bed early get busier get home get-some-exercise get the bus get up
get some exercise Meaning: have, receive, buy, do
Meaning: become Meaning: use transportation



ACTIVITY 4: Match the sentences 1 - 6 with the pictures A - F. Write the translation for GET in each sentence.

 Anna was happy to get home after her vacation. 					
Anna was nanny io nei nome aller her vacalion	4	A	bannista mat	bana after	boursestion
		Anna was	nappy to get	nome aller	ner vacation.

- 2. They decided to **get** some exercise.
- 3. My little brother always **gets** to bed early.
- 4. Parents' lives are **getting** busier.
- 5. Marco **got** the bus to the airport yesterday.
- 6. Grandma is sick. We have to help her to **get** up.

1	2	3	4	5	6



Time for **BED**

id you know that giraffes spend more than 23 hours a day awake, but cats spend 66% of their lives asleep? All animals are different. Adult humans need about seven hours' sleep, but between the ages of 11 and 17, when our bodies and brains are changing, we need between 9 and 11 hours.

5 Sleep is incredibly important. Believe it or not, humans can survive more time without food than without sleep. "Sleep is essential for our brain," says Dr. Madison Radley, a university professor. "While you're sleeping, your brain organizes information. If you don't sleep, your brain can't function, 10 and if your brain can't function, you've got a problem."

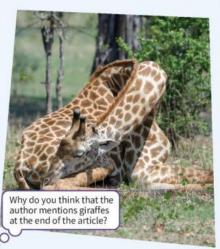
How do we know which are Dr. Radlev's actual words?

In fact, this is already a problem for many school children in the UK. "I have a student who can't stay awake in class," one teacher told me. "He lives a long way from school, so he gets 15 up at 6 a.m. to get the bus. He has activities after school and sometimes doesn't get home until six in the evening. Then, after dinner and homework, he probably spends at least

three hours on his phone watching videos and

20 messaging friends."

As our lives get busier, it's becoming more difficult to rest. Kids now do more activities and homework than ever before, and they rarely disconnect from social media. With a phone next to the bed and messages still arriving at 1 a.m., some kids are only getting six or seven hours' sleep. That's enough ... but only if you're a giraffe.



formal or informal? How do you know?



Go for a walk or get some exercise in

the evening. Find time to relax.



HLIVEWORKSHEETS