(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. 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.

LIVEWORKSHEETS

ACTIVITY 3: Read the text and answer the questions:

1. Why do adults need less sleep?

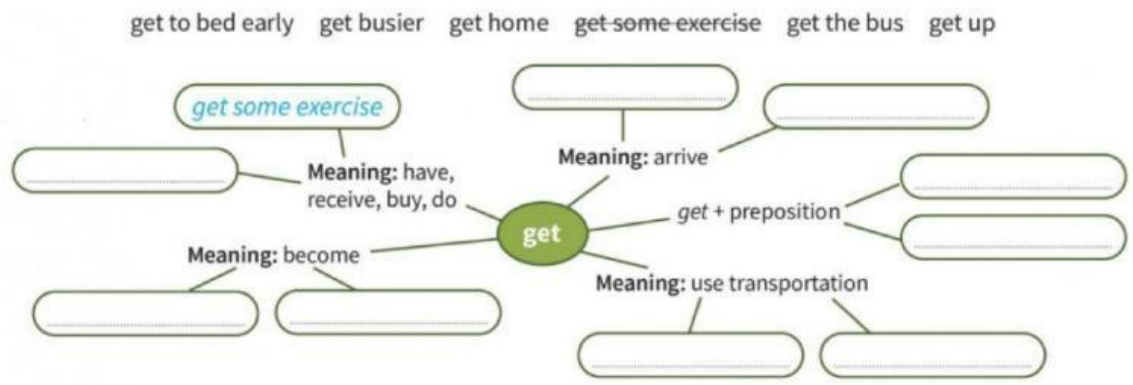
2. If the student in text A has two hours of homework, what time do you think he goes to bed?

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



LIVEWORKSHEETS

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

1. Anna was happy to **get** home after her 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

LIVEWORKSHEETS

A

Time for BED

Did 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.

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, and if your brain can't function, you've got a problem."

How do we know which are Dr. Radley'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 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 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.

Why do you think that the author mentions giraffes at the end of the article?

B

Top Tips for Better Sleep

- Routines are important – go to bed at the same time every day.
- Avoid sugary food and drinks in the evening.
- Avoid using phones and computers at least an hour before going to bed and NEVER have a phone in your bedroom.
- Go for a walk or get some exercise in the evening.
- Find time to relax.

Why is "never" in CAPITAL letters?

C

Is the language in this phone message formal or informal? How do you know?

LIVEWORKSHEETS