

Linking Words

We use the *linking words* to put events in order or a sequence.

The correct order is : **first - next- then- after that - finally**

For example:

First, I woke up.



Next, I went to college on the bus.



Then, I arrived at college.



After that, I came back home.



Finally, I went to sleep.



- Put a linking word into each blank space in the text about tips for getting a good night's sleep.

Finally

Then

Next

First

Tips for getting a good night's sleep

_____, switch off your television, computer and mobile phone. Don't drink tea or coffee with caffeine in the afternoon or evening.

_____, have a bath or listen to some relaxing music. Close the curtains, change into some comfortable pyjamas and get into bed.

_____, read a book until you feel sleepy.

_____, turn off your light and enjoy a good night's sleep.

For more tips go to [NHS website 'how to get to sleep'](#).

- Read the sleeping tips again and then answer the following questions in full sentences. The answers are in the text.

1. What are the tips about?

2. Write about (name) **three** things you should do if you want to get a good night's sleep.

1.

2.

3.

3. Where can you find more tips?

4. Use a dictionary (a book dictionary or online dictionary) to find the meaning of the word **pyjamas**.

Word	Meaning
pyjamas	

Can you follow instructions?

- When we fill in a **form** we must follow instructions on the form. This worksheet helps you to practice that skill.
- Read the instructions a) to d) carefully and follow each one.
- Type your answers in the box below on lines 1-4.

a) First type the word **ESOL** on line 3.

b) Next type **learner** on line 1.

c) Then type **X** in the circle in the bottom **right-hand** corner of the box.

d) Then type **today's date** in this format **DD/MM/YYYY** on line 2 (for example 01/01/2001).

e) Finally type the **level of your course** on line 4 (for example Entry 1 or Entry 2)

Read the instructions again and use the box below to complete the task.

1	_____
2	_____/_____/_____
3	_____
4	_____
	