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SHIFT + DEL
A BAD HABIT

Before watch the video

*Match the words with the pictures.

Watching TV shows

Wasting time online

Swearing

Snacking

Gossipping

Nail bitting

Sleeping-in

*Now, rate those bad habits from 0 (I never do it) to 5 (I always do it) according to the frequency that you do it.

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LIVEWORKSHEETS

*Share your information with a classmate. Are your answers similar or different?
*Can you think about three more bad habits?

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While you watch the video

*List some Matt's bad habits:

*How many days he spend doing a new activity? why?

*What is **THE NATIONAL NOVEL WRITING MONTH**?

*What do need to do to be part of that writing competition?

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After you watch the video

*What did he get by changing his bad habits?

*What is his formula to change a bad habit and make it possible?

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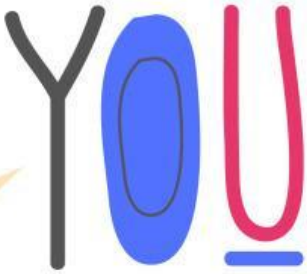
... what about you?!

*What bad habit are you going to change?



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LIVEWORKSHEETS