

# LISTEN A MINUTE.com

## Sleep

<http://www.listenAminute.com/s/sleep.html>



One minute a day is all you need to improve your listening skills.  
Focus on new words, grammar and pronunciation in this short text.  
Doing the online activities, discussion, survey and writing will help.  
Listen many times – enough for you to you understand everything.

Follow me: <http://twitter.com/SeanBanville>

 **THE LISTENING TAPESCRIPT**

From: <http://www.listenAminute.com/s/sleep.html>

Isn't sleep a waste of time? I think so. What could we do instead of sleeping? I know what I could do. I could read more books, write more e-mails and watch more movies. My mind would be full of knowledge and my friends would be happier. I could also do more exercise and get fitter. I hate feeling tired but I wish my body and brain didn't need to sleep. It would be great if there was a pill we could take instead of sleeping. I actually find it difficult to fall asleep. I wait for ages before I become tired. I'm a very light sleeper. I wake up at the smallest sound. Not like some of my friends. They can sleep anywhere and it only takes them 30 seconds to fall asleep. They're gone as soon as their head hits the pillow.



## LISTENING GAP FILL

From: <http://www.listenAminute.com/s/sleep.html>

Isn't sleep \_\_\_\_\_? I think so. What could we do instead of sleeping? I \_\_\_\_\_ do. I could read more books, write more e-mails and watch more movies. My \_\_\_\_\_ of knowledge and my friends would be happier. I could also do more \_\_\_\_\_ fitter. I hate feeling tired but I wish my body and brain didn't need to sleep. It would be great if there was \_\_\_\_\_ instead of sleeping. I actually find it difficult to fall asleep. I wait for ages before I become tired. I'm \_\_\_\_\_. I wake up at the smallest sound. Not like some of my friends. They \_\_\_\_\_ and it only takes them 30 seconds to fall asleep. They're gone as soon as their \_\_\_\_\_.



## CORRECT THE SPELLING

From: <http://www.listenAminute.com/s/sleep.html>

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 **DISCUSSION** (Write your own questions)

**STUDENT A's QUESTIONS** (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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 **DISCUSSION** (Write your own questions)

**STUDENT B's QUESTIONS** (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# STUDENT SLEEP SURVEY

From: <http://www.listenAminute.com/s/sleep.html>

Write five GOOD questions about sleep in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.





## **HOMEWORK**

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET INFO:** Search the Internet and find more information about sleep. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about sleep. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. SLEEP POSTER** Make a poster about sleep. Show it to your classmates in the next lesson. Give each other feedback on your posters.

**5. MY SLEEP LESSON:** Make your own English lesson on sleep. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

**6. ONLINE SHARING:** Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on sleep. Share your findings with the class.

