

## Sleeping well

**TOPIC :** sleep well, feel good, stress, health, illness, lack of sleep

**LEVEL :** intermediate/ upper intermediate

**Time :** 45 minutes

**Objectives:**

- to learn or revise vocabulary connected with sleeping
- to learn about the consequences of sleep deprivation
- to develop reading, speaking and listening comprehension skills
- to enable students use the Internet to gather specific information

**Language functions:**

- to exchange ideas about the relation between sleeping well and feeling well
- to understand listening material and a written text
- to communicate in English

**CLIL:** Biology, IT Technology

**MATERIALS:** web sites, worksheets,

For this lesson, you will need:

- Computer with Internet access

STAGE	AIMS	PROCEDURE	MATERIALS/ RESOURCES	TIME
<b>WARM UP</b>	-to get students interested in the topic  -to encourage them to work in pairs	<b>PAIR WORK</b>  Speaking work in pairs. They are given a handout (worksheet 1) with some questions on sleeping. They take turns and ask each other questions. They are encouraged to ask follow up questions to get more details	<a href="http://iteslj.org/questions/sleep.html">http://iteslj.org/questions/sleep.html</a>	5 min
<b>MAIN PART OF THE LESSON</b>	-to develop vocabulary connected with sleeping	<b>VOCABULARY</b>  Sts receive worksheet 2 with some terminology related to sleeping. They have to browse the Internet to find definitions for those words.	Worksheet 2	10 min

	<ul style="list-style-type: none"> <li>-to revise vocabulary</li> <li>- to revise basic knowledge connected with sleeping</li> <li>-to learn why it is important to get a good night sleep</li> </ul>	<p><b>ONLINE QUIZ</b></p> <p><b>Sts go to the following web site</b>  <a href="http://www.everydayhealth.com/health-report/healthy-sleep/how-well-are-you-sleeping-quiz/questions.aspx">http://www.everydayhealth.com/health-report/healthy-sleep/how-well-are-you-sleeping-quiz/questions.aspx</a> and complete a quiz titled <b>How Well Are You Sleeping?</b> After completing the quiz they are asked to share their answers with the rest of the class.</p>	<a href="http://www.everydayhealth.com/health-report/healthy-sleep/how-well-are-you-sleeping-quiz/questions.aspx">http://www.everydayhealth.com/health-report/healthy-sleep/how-well-are-you-sleeping-quiz/questions.aspx</a>	10 min
	<ul style="list-style-type: none"> <li>-to enable students to explore the importance of</li> <li>- to develop reading comprehension, vocabulary, and summarizing skills</li> <li>- to enable sts use the Internet to gather information on the given topic</li> </ul>	<p><b>WEBQUEST</b></p> <p>Each student receives a handout (worksheet 3) with a number of questions they have to complete and a list of websites they can visit to answer them. They are told that they can visit different websites as well. After accomplishing the task, students present their findings to the rest of their classmates.</p>	<p>worksheet 3</p> <p><a href="http://www.amssa.org/sites/default/files/kcfinder/files/HM12-Webquest.pdf">http://www.amssa.org/sites/default/files/kcfinder/files/HM12-Webquest.pdf</a></p>	20 min
<b>WRAP - UP/ CLOSURE</b>	<ul style="list-style-type: none"> <li>- to evaluate webquests</li> </ul>	<p><b>WEBQUEST EVALUATION</b></p> <p>Sts present their answers and evaluate the webquest.</p>		5 min

## SOURCES

<http://www.amssa.org/sites/default/files/kcfinder/files/HM12-Webquest.pdf>

<http://iteslj.org/questions/sleep.html>

<http://www.everydayhealth.com/health-report/healthy-sleep/how-well-are-you-sleeping-quiz/questions.aspx>

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