



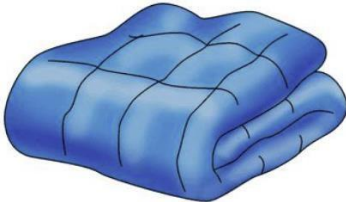
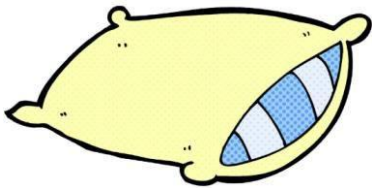



# LESSON 28. TIME TO SLEEP

Look at the picture and answer the questions below.



1. What is she doing?
2. Where do you think is she?
3. What time of the day do you think it is?

Match the words with the pictures and tell your teacher why we need them when we sleep.

				
	a			

a.pillow

b.blanket

c.alarm clock

d. Bed

e. lamp

f. Do you need anything else?

Discuss the expressions about sleep with your teacher.



**comfortable  
sleep**



**normal  
sleep**

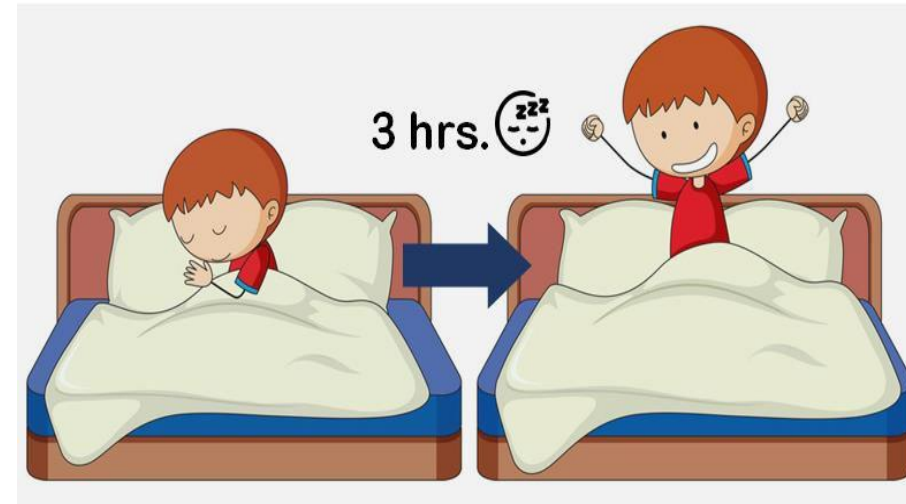


**deep  
sleep**

Discuss the expressions about sleep with your teacher.



**broken  
sleep**



**short  
sleep / nap**

Practice the dialogue with your teacher.



**A:** How's your sleep last night?

**B:** I had a **comfortable** sleep.



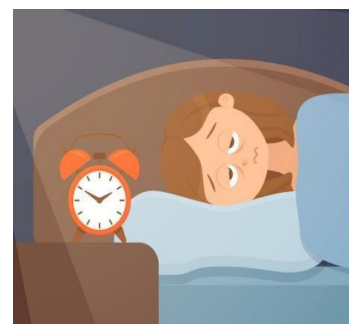
**comfortable**



**normal**



**deep**



**broken**



**short**



# Why do we sleep?

We need sleep to do daily activities every day. Use the words in the box to complete the words.

take care of pets	do homework	go to school	play sports	watch cartoon	play with friends	read books	talk with friends
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g \_ \_ t \_ \_  
s \_ \_ h \_ \_ ol



t \_ \_ k \_ \_ c \_ \_ re  
of p \_ \_ t \_ \_



pl \_ \_ y wi \_ \_ h  
f \_ \_ \_ en \_ \_ s



p \_ \_ \_ y  
sp \_ \_ r \_ \_ s

# Why do we sleep?

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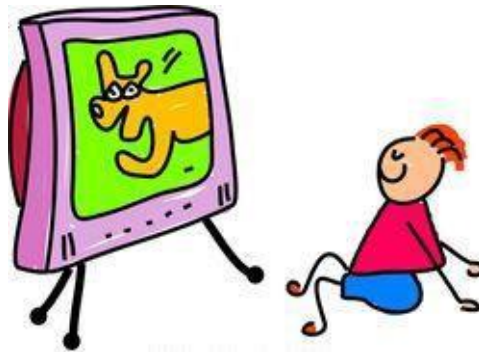
take care of pets	do homework	go to school	play sports	watch cartoon	play with friends	read books	talk with friends
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5



d\_\_  
h\_\_e\_\_rk

6



w\_\_t\_\_h  
c\_\_r\_\_o\_\_n

7



r\_\_a\_\_  
bo\_\_s

8



t\_\_lk wi\_\_h  
f\_\_i\_\_n\_\_s



# Ways to say “Good night”



“Sleep tight”

“Nighty night”

“Sleep well”

“Time to dream”

“Sweet dreams”

“Have a good sleep”

Pick a word from the box to finish each sentence .  
Write it on the line. Use each word only once.

jumped

reads

sleep

time

with

1. It is \_\_\_\_\_ for bed.



4. The pup will sleep \_\_\_\_\_ Bob.



2. John wants to \_\_\_\_\_.



5. Mom \_\_\_\_\_ a bed time story.

3. Tim \_\_\_\_\_ on the bed.



# Match Them Up

With enough sleep, you will...

					
2					

1 - be active in school

2 - be creative


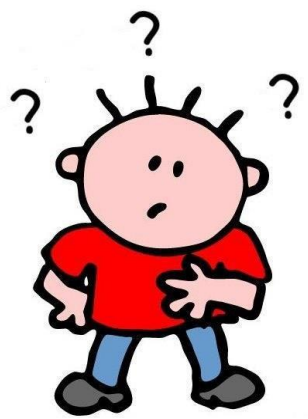




3 - have good health

4 - have good mood

5 - have energy to play

6 - solve problems better

Without enough sleep, you will...

					
2					

- 1 - forget things easily
- 2 - make wrong choices
- 3 - be irritable

- 4 - have trouble playing
- 5 - be impatient
- 6 - be sleepy in class

Make sentences with your teacher.

## *With enough sleep...*

- a. I / in good health
- b. I / in good mood
- c. I / be active in school

*With enough sleep, I will be in good health.*

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## *Without enough sleep...*

- a. I / be irritable
- b. I / forget things easily
- c. I / be sleepy in class

*Without enough sleep, I will be irritable.*

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1. What do you do before you go to bed?
2. What time do you sleep at night?
3. How many hours do you sleep every day?
4. Do you take a nap?
5. Do you sleep with someone?
6. Why do we need to sleep?
7. What do you feel when you didn't get enough sleep?

**The End**