

My Habits



Audio

Getting Ready







What are your habits?

setting

cracking

exercising

biting

checking

resting



biting my fingernails

2.



constantly my phone 3.



my knuckles

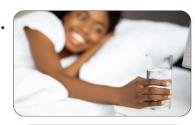


and eating right

5.



being organized and ____ _goals



enough and drinking lots of water



What are your habits?

biting cracking exercising checking setting resting 2. 3.



biting my fingernails





constantly checking my phone







cracking my knuckles





What are your habits?

4.



exercising and eating right



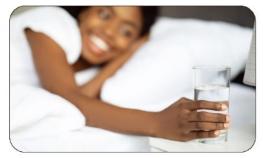
5.



being organized and <u>setting</u> goals



6.



<u>resting</u> enough and drinking lots of water



B)) [)) Listen and complete the sentences. () (2) ()								
		fast food	eating right	habit	organized	good	energ	y drinks	thinking
1	1.	My bad _	habit	is eating	g <u>f</u>	ast foo	d		
:	2.	My bad h	abit is drinking	9	energy drii	nks	·		
;	3.	My health positive th	y habits are _ ings.	e	eating right		and _	thinking	<u>Z</u> about
	4.	My g	ood hab	its are b	eing confider	nt and b	eing _	orgar	nized

(A)) Listen. Then ask and answer the questions. (D)03)





Questions	Sample Answers	My Partner's Answers
1. What is one of your bad habits?	My bad habit is drinking energy drinks.	
2. What is one of your healthy habits?	My healthy habit is resting enough.	
3. Tell me about it.	Every day, I take time to rest after school.	
4. What is another one of your good habits?	Another one of my good habits is <u>setting</u> goals.	
5. Tell me about it.	I think about my goals every morning during breakfast.	



How to Deliver Your Speech

Our voices can keep listeners interested in what we are saying. While practicing, make sure you put feeling behind the words you are saying. Make sure your voice sounds natural. You don't want to sound like a robot or like you are bored.



- Let's talk about my healthy habits. I eat right. I never eat fast food. I also drink lots of water. It helps me feel good and gives me lots of energy.
- 2. Let's talk about my good habits. I am very organized. I have a schedule on my phone for all my homework. I also exercise a lot. I play tennis with my friends.

Let's talk about my healthy habits.

I exercise a lot. I am confident, too.

I also write down my goals.

It helps me achieve them.

Presentation

(A)) Watch the presentation. Listen for the key phrases. (D) 04



O Key Phrases

- this afternoon
- I'll share . . . with you
- stay up late
- these days
- make sure of

B)) Watch again and complete the notes.



We all have good 10habits and bad habits. Hopefully, we have						
2 good habits than bad ones. This afternoon, I'll share one bad						
habit and two good habits with you. My bad habit is using my 3phone						
in bed. I stay up late playing games. It makes me tired at 4 <u>school</u> . But						
these days, I put my phone in my backpack before I go to 6 bed I'm						
getting better! Now, let's 6talk about my good habits. First, I exercise						
almost every day. I ride my 🗸 <u>bike</u> to school. Plus, I'm on the swim						
team and the baseball 8 <u>team</u> . Another one of my good habits is						
eating 9 <u>right</u> . I eat a lot of vegetables. My parents make sure of that!						
Good habits help us feel 🕦 <u>healthy</u> and make us happier. Stay healthy!						

Speech Word Count: 131

(A)) Read and answer the questions.

1. What is one of your bad habits?

One of my bad habits is not studying enough.

One of my bad habits is

2. Who can help you with this?

My best friend says he will help me.

3. What is another one of your bad habits?

Another one of my bad habits is being late.

4. What do you need to do to change that habit?

5. What is one of your good habits?

One of my good habits is brushing my teeth often.

6. Tell me about it.

I brush my teeth after every meal.

7. Who taught you this good habit?

My mom taught me about brushing my teeth.

B)) Take turns asking and answering the questions above with a partner.



1. What is one of your bad habits? One of my bad habits is not studying enough.
One of my bad habits is

2. Who can help you with this?

My best friend says he will help me.

3. What is another one of your bad habits?

Another one of my bad habits is being late.

4. What do you need to do to change that habit?



One of my good habits is brushing my teeth often.

6. Tell me about it.

I brush my teeth after every meal.

7. Who taught you this good habit?

My mom taught me about brushing my teeth.

Free Talking







Video



1. What will her mom help her do?

a. Drink more water b. Remember to eat c. Rest more

2. What else does she forget to do?

a. Set goals

b. Exercise

c.) Text people back





Brainstorm



- eating fast food
 - drinking energy drinks
- being organized
 biting my fingernails
- setting goals
- drinking lots of water
- constantly checking my phone
- staying up late
- drinking sugary drinks

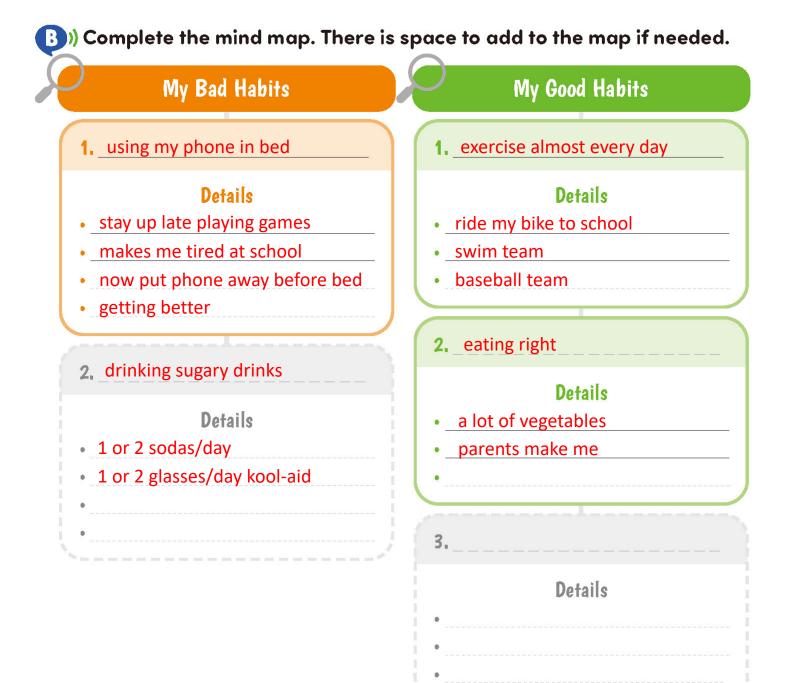
- resting enough
- being confident
- cracking my knuckles
- thinking about positive things
- waking up early

- eating right
- exercising



forgetting to study

Your Ideas





My Bad Habits

1.							
Details							
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2,							
Details							
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My Good Habits

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