

4.1 *Catch a wink*

Aim: Practice discussing sleep habits and routines

Preparation: Make one copy of Worksheet 4.1 for every two Ss.
Cut as indicated.

Comment: Use after the role play on page 30.

- Ss work in pairs. Give the top half of the handout (*Student A*) to one S and the bottom half (*Student B*) to the other S.
- Explain the task. Model the task with one S. Write his or her answers on the board.
- Tell Ss to work with their partners to ask and answer all the questions on their sheets. They should write their partners' answers in the blanks.
- Go around the class and give help as needed, noting any common errors but not correcting Ss at this stage. Allow enough time for Ss to answer all the questions.
- When Ss have finished, have an error correction session. Write common errors on the board and have Ss correct them.

Student A Ask 1. When you have trouble sleeping, what do you do? 2. Are you a heavy sleeper or a light sleeper? 3. How do you usually chill out after you've had a rough day? 4. What's your bedtime routine? 5. Do you doze off easily at night? 6. When you're doing something difficult, how do you clear your head? 7. What's the funniest thing that's ever happened to you in a dream? 8. Do you turn in at the same time every night? 9. What time of day are you the most alert? 10. What was your scariest nightmare?	Answer
Student B Ask 1. Whenever you're feeling stressed out, how do you calm down? 2. What do you do to vent your feelings when you're stressed? 3. What part of the day do you feel most tired? 4. Do you have any recurring dreams? 5. Do you ever take power naps? 6. Are you a morning person or a night person? 7. What do you do when you have a sleepless night? 8. What's the least amount of sleep you can get by on? 9. What do you think your strangest dream meant? 10. What thoughts keep you up at night?	Answer