

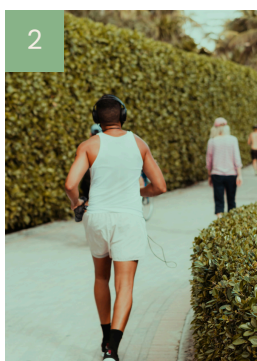
How To Start Your Day For PEAK Performance

Advanced (C1-C2)



WARM UP

Part 1. Take a look at the pictures below. What do you see? Talk about what's happening and then discuss the questions.



1. How do you usually start your morning? Do you have any specific routines?
2. Do you think morning routines impact productivity and well-being? Why or why not?
3. Have you ever changed your morning habits to improve your day? What did you change?
4. What activities do you think successful people include in their morning routines?



Part 2. Match each word to its correct definition. Can you guess any before looking at the options?

Forward ambulation

Optic flow

Adenosine

Epinephrine

Neural activation

Suppress

Cascade

Amygdala

1. One of two parts of the brain that affect how people feel emotions, especially fear and pleasure.
2. Movement that generates passing visual stimuli.
3. A neurotransmitter involved in the sleep-wake cycle.
4. The process of walking forward.
5. A stress hormone that increases focus and energy.
6. A large number or amount of something occurring or arriving in rapid succession.
7. The activation of brain networks for various functions.
8. To reduce or inhibit something.

Part 3. Complete the sentences with the correct words. Pay attention to how the words fit into the context!

1. One small mistake triggered a _____ of errors, making the situation worse.
2. The buildup of _____ throughout the day makes us feel tired and ready for sleep.
3. Meditation can help _____ feelings of anxiety and stress.
4. The _____ plays a key role in processing emotions like fear and stress.
5. A sudden surge of _____ heightened his alertness and prepared him for the challenge ahead.
6. Intense exercise increases _____, improving focus and cognitive function.
7. _____ is crucial for maintaining balance and coordination during walking exercises.
8. As she ran through the forest, the _____ of trees rushing past gave her a strong sense of movement.



VIDEO ACTIVITY

Part 1. Watch the first part of the video (0:00 – 4:12) where Andrew Huberman explains an ideal morning routine. As you watch, make a list of the first 3 tips given.

Tips

- 1.
- 2.
- 3.

Part 2. Decide if each statement is true (T) or false (F) based on the video. If false, can you correct it?

1. Andrew keeps his phone outside the bedroom while sleeping to avoid distractions. (T/F)
2. Experiencing optic flow can help reduce activity in the amygdala and lower anxiety levels. (T/F)
3. Andrew takes his morning walk mainly for exercise and calorie burning. (T/F)
4. Email notifications and text messages throughout the day can impact Andrew's alertness and reactivity. (T/F)

Part 3. Complete the missing parts of the quotes from the video.

1. I tend to wake up sometime around ___ a.m. or ___, sometimes as late as ___ a.m.
2. I do sleep with my phone in my room; I realise this is considered a ___ and has certain hazards associated with it.
3. The second thing I do after I wake up is to get into _____, which is just nerd speak for taking a walk.
4. The amygdala is part of the network in the brain that generates feelings of _____, _____, and _____.



Part 4. Watch the second part of the video clip (4:12 – End) and list the remaining tips given.

Tips

- 4.
- 5.
- 6.

Part 5. Decide if each statement is true (T) or false (F) based on the video. If false, can you correct it?

1. Even on a cloudy day, outdoor light is stronger than indoor light. (T/F)
2. The neurons responsible for detecting daylight are called melanopsin intrinsically photosensitive ganglion cells. (T/F)
3. He adds a large amount of sea salt to his morning water. (T/F)
4. Adenosine levels are highest first thing in the morning. (T/F)

Part 6. Complete the missing parts of the quotes from the video.

1. Getting sunlight in your eyes first thing in the morning is absolutely vital to _____ and _____ health.
2. The _____ is get outdoors, ideally with no sunglasses, if you can do that safely.
3. As many of you know, neurons require ionic flow. What that means is neurons need _____, _____ and _____ in order to function.
4. I want to make sure that I don't have a late afternoon or even early afternoon _____ from caffeine.

VIDEO FOLLOW-UP

Part 1. Share your thoughts on the video using the questions below.

1. Do you take a walk in the morning? If not, would you consider doing it after learning about its benefits? Why or why not?
2. Have you ever noticed how movement (walking, running, cycling) affects your mood and stress levels? Do you agree that forward ambulation and optic flow could help with anxiety?
3. Do you drink water first thing in the morning? If not, do you think adding this habit would help your focus and energy levels?
4. How soon after waking up do you drink coffee or tea? Do you think delaying caffeine for 90–120 minutes would help you feel more energised throughout the day?

Part 2. Based on the video, match the first half of the phrase with the correct second half to form complete the collocations, phrasal verbs, and natural expressions used by the speaker.

1. Hit	2. Has	3. Sets	4. Lean
5. Commit	6. Kick	7. Pass	8. Get

- A. Bombarded with a number of things
- B. In
- C. Things down the right path
- D. Into the day
- E. A powerful effect on
- F. To memory
- G. By
- H. Snooze

Part 3. Complete the sentences with the correct expressions. Pay attention to how the words fit into the context!

Hit snooze	Has a powerful effect on	Sets things down the right path	Get bombarded with a number of
Commit to memory	Kick in	Pass by	Lean into the day

1. The caffeine didn't seem to _____ until about 30 minutes after I drank my coffee.
2. I love sitting in a café and watching people _____ on the street.
3. Before the exam, I reviewed my notes several times to _____ the key concepts _____.
4. I was so tired this morning that I _____ three times before finally getting out of bed.
5. Regular exercise _____ both physical and mental well-being.
6. Drinking water and getting sunlight first thing in the morning really _____ for a productive day.
7. As soon as I open my emails, I _____ messages that need urgent replies.
8. Instead of procrastinating, I try to _____ by tackling the hardest tasks first.

Part 4. Use the questions below to discuss the expressions in more depth. Have you heard or used any of them before?

- 1.How often do you hit snooze when your alarm goes off? Do you think it affects how you feel when you finally wake up?
- 2.What activities or habits have a powerful effect on your mood and productivity?
- 3.What's the first thing you do in the morning to set your day down the right path?
- 4.How do you lean into the day when you're feeling overwhelmed with tasks?
- 5.Do you have any tricks or methods to help you commit new information to memory?
- 6.How long does it take for your energy or motivation to kick in after you wake up?
- 7.Have you ever had an interesting experience while watching people pass by in a public space? What happened?
- 8.When do you feel like you're getting bombarded with a number of things during the day, and how do you handle it?

REVIEW ACTIVITY & FINAL THOUGHTS...

Part 1. Use each of the words in a sentence related to morning routines. Try to make your sentences as creative as possible!

Forward ambulation

Optic flow

Adenosine

Epinephrine

Neural activation

Suppress

Cascade

Amygdala

Part 2. Discuss the questions below to reflect on what you've learnt during the lesson.

- 1.After learning about the importance of sunlight in the morning, do you think you'll start getting outside earlier to get sunlight? Why or why not?
- 2.Do you eat breakfast in the morning, or do you fast? If you eat early, do you think fasting could help your focus?
- 3.Which of the tips do you think you will start implementing into your morning routine?
- 4.How does this lesson connect to your personal views on health and well-being?
- 5.What's your biggest takeaway from this lesson?

