

Canva Presentation: <https://canva.link/idioms-tiredness-energy>

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Part 1. Read the statements below. Which are true for you?

- I feel tired most afternoons.
- I sleep well most nights.
- I need coffee to start the day.
- I have more energy in the morning than in the evening.
- I feel more tired at the weekend than during the week.
- I know when I need to rest.

Part 2. Look at the expressions below. These idioms are used to talk about energy and tiredness.

- After the long flight, I was **dead on my feet**.
- I always **run out of steam** in the afternoon.
- My little brother is always **full of beans** in the morning.
- I need a quiet weekend to **recharge my batteries**.
- By Friday, I'm **running on empty**.
- I felt tired, then I **got my second wind** and finished the race.
- She **burned the midnight oil** before the exam.
- I'm a **night owl**. I always feel most awake late in the evening.

Part 3. Match each idiom to its meaning.

A. dead on your feet	1. to suddenly get new energy again
B. running on empty	2. to rest so you feel less tired
C. run out of steam	3. to suddenly stop having energy to continue
D. full of beans	4. extremely tired
E. recharge your batteries	5. to have almost no energy left
F. get your second wind	6. full of energy
G. burn the midnight oil	7. someone who likes staying up late
H. a night owl	8. to stay up very late working

Answers: A) 4 B) 5 C) 3 D) 6 E) 2 F) 1 G) 8 H) 7

Part 4. Read the situations. Which idiom from Part 2 fits best?

1. You worked until very late to finish a report. **Burn the midnight oil**
2. You were running. After a while you felt terrible, then suddenly felt strong again. **Get your second wind**
3. Your little cousin is jumping around and talking fast. She has a lot of energy. **Full of beans**
4. You've worked every day this week with no rest. You feel you have nothing left. **Running on empty**

Part 5. Discuss the following questions.

- When do you usually run out of steam during the day?
- What do you do to recharge your batteries?
- Do you know anyone who is always full of beans?
- Are you more of a night owl, or do you have more energy in the morning?

Part 6. Tell your partner about a time you felt dead on your feet, or hit a point where you were completely running on empty. Try to use at least two idioms from this lesson.

Think about:

- What happened, and why you were so tired
- How you felt at the time
- What helped you recharge your batteries afterwards

Reflection

Complete the sentences in your own words.

1. I usually run out of steam at...
2. The best way for me to recharge my batteries is...
3. I am / am not a night owl, because...
4. One idiom from today I want to remember is...