

## 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               |

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

1. You worked until very late to finish a report.
2. You were running. After a while you felt terrible, then suddenly felt strong again.
3. Your little cousin is jumping around and talking fast. She has a lot of energy.
4. You've worked every day this week with no rest. You feel you have nothing left.

**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...