



Teacher's Guide

A Good Night's Sleep – Pre-intermediate (A2–B1)

Canva Presentation Link: <https://canva.link/qmqpem9k242lqgq>

Editable Presentation Link: <https://canva.link/2in7nwe5pe5r4d9>

Editable Worksheet Link: <https://canva.link/172ltya8zywbuac>

Part 1. Students discuss the questions.

Part 2. Students choose one option in each pair, giving a reason or example.

Part 3. Students discuss which statements feel true for them and explain why.

Part 4. Students discuss the questions.

Part 5. Students choose the three things that most often stop them from sleeping well and compare with a partner.

Part 6. Students match each expression to its meaning. Students then choose two expressions and use them to say something true about themselves.

Answer key:

1. Toss and turn
2. Doze off
3. Sleep routine
4. Oversleep
5. Lie awake
6. Catch up on sleep
7. Night owl
8. Wide awake

Part 7. Students read the situations and choose the answer that sounds most like them, or say what they would actually do.

Part 8. Students decide whether they agree, disagree, or partly agree with each statement and explain their choice.

Part 9. Students guess their partner's answers to the questions, then check to see how well they know them.

Part 10. Using the prompts, students describe their perfect night's sleep and worst night's sleep.

Part 11. Using the prompts, students tell their partner about a time when bad sleep really affected their day.

Reflection

Students complete the sentences in their own words.