



Teacher's Guide

Sleep & Relaxation – Pre-Intermediate (A2-B1)

Canva Presentation Link: [Sleep & Relaxation](#)

Editable Presentation Link: [Sleep & Relaxation](#)

Editable Worksheet Link: [Student Worksheet: Sleep & Relaxation](#)

Warm-up discussion

Part 1. Students discuss the questions.

Part 2. Students read the sentences and say which one sounds like them and which ones they would like to change.

Vocabulary & speaking

Part 1. Students read the mini conversations and guess what the bold words mean.

Answer key:

Fall asleep – to start sleeping

Nap – a short sleep during the day

Tired – needing rest or sleep

Snooze – to sleep for a short time or delay waking up

Calm – feeling relaxed and peaceful

Focus – to concentrate on something

Energetic – full of energy

Part 2. Students discuss the questions.

Part 3. Students discuss the questions.

Part 4. Students match the phrasal verbs to their meanings.

Answer key:

1. Doze off
2. Lie down
3. Wake up
4. Chill out
5. Sleep in

Part 5. Students discuss the questions.

Part 6. Students discuss what they would do in each of the situations.

Part 7. Students describe their perfect evening before bed.

Reflection

Students complete the sentences with their own ideas.

