

1. Look at the meme. Has it ever happened to you? Do you have a routine, or is your evening rather chaotic?

Me: Alright, time to sleep
Youtube: 10 things you didn't know about black holes



Source: <https://cheesburger.com/265879-17731-funny-memes-to-soothe-the-animal-lovers-stressed-out-soul>

2. For each pair of activities, decide which one you usually do first.

- get out of bed - scroll through your phone
- make your bed - get dressed
- have a quick brekkie - drink coffee
- chat with a colleague - get down to work
- reply to an email - check social media

3. Discuss.

- If an alarm wakes you up, do you press snooze to delay it every five minutes? Does the extra sleep help at all?
- What is your favourite part of the day? Why?
- Do you use apps to plan or organise your day?

4. Fill in the gaps with the phrases from the box in the correct form.

declutter run errands doll oneself up be stuck in traffic laze around
binge-watch pick the kids up take one's supplements floss one's teeth fall asleep

- I couldn't make it as I _____ for an hour. I hate driving at rush hours.
- In the evening, we can finally catch up on our day and just _____.
- I decided it was time to _____ my bedroom. I have to get rid of all the unnecessary things.
- I'm going to _____ just to go shopping. Might as well look good while spending money.
- I need to _____ so you have to pick up a parcel from a delivery man.
- After a long week of work, I _____ the latest season of my favourite series to unwind.
- Yesterday, we chatted and had a funny show on in the background, but we were both so tired we _____ during it.
- I can't remember if I've already _____ or not. Guess I'll skip them just in case.
- Don't forget to _____ it's just as important as brushing them.
- Who is _____ from the nursery today?

5. Describe your day using the prompts given below and the phrases from the previous activities.

shortly after I...

I... for about..., after that...

I do this to...

I'm always... when I... so I...
(feeling)

most days...

around... a.m. I...

6. Look at the examples. Ask your partner similar follow-up questions about their day.

e.g. What was the last series you binge-watched?

Do you prefer a sweet or savoury breakfast?

When you want to laze around, what do you do?

7. What healthy habits do you know that can help start the day?

8. Watch the first part of the video about introducing the optimal morning routine (0:00-2:00). What are the habits worth introducing in the morning according to Huberman? Are any of them the same as the ones you've mentioned?

9. How did the experiment end? Make a guess, then watch the second part of the video (12:18-13:58) and answer.

10. Match the halves to form phrases, then find the definitions.

go-to

not least

pay

a try

last but

expert

pull out of

caffeine

give something

off

slack

a rut

force sb

off

crave

to do something

1. to make less effort than usual, or to be lazy in your work - _____
2. to make a person do something that they do not want to do - _____
3. an extremely strong desire for something - _____
4. although it is mentioned last, it is just as important as the others - _____
5. make an attempt at something - _____
6. get out of a situation that never changes - _____
7. to be successful - _____
8. someone who people always ask for help, because of their great skill or knowledge - _____

11. Review the list of popular habits below. Which ones have you tried? Which ones would you like to try? Use the prompts below to answer.

- no smartphone after 9 p.m.
- drinking at least 8 glasses of water a day
- practicing mindfulness or meditation for 10 minutes daily
- gratitude journaling
- listening to podcasts while doing household chores
- daily walk 8000 steps a day
- sunshine exposure
- strength training
- having a balanced diet
- getting enough and good quality sleep
- limiting screen time
- spending time outdoors
- setting aside time for self-care
- reducing sugar intake

I'm not sold on the idea.
I'd love to try...
I've always wanted to...
That sounds interesting, but...
I'm open to...
I don't think I'd enjoy...
I'm not sure about...
I could (not) see myself...
That's not really my thing

12. Guess whose morning routine it is.

Serena Williams' - Stephen King's - Jeff Bezos' - Elon Musk's - Jennifer Aniston's - Anna Wintour's

1.

This person wakes up very early, around 5:30 a.m., and starts the day with exercise, like running or strength training. They focus on the most important tasks and save time by having a simple breakfast and wearing the same kind of outfit every day.

2.

This person begins the day calmly and slowly. They drink water, take care of their skin, and eat a healthy breakfast. They also meditate to feel calm and spend time on creative projects like writing or reading scripts.

3.

This person likes to wake up slowly and peacefully, without an alarm clock. They enjoy breakfast with their family and spend time reading or learning something new to stay informed.

4.

This person wakes up before sunrise to enjoy the quiet morning hours. They write every day to stay creative, read to learn new ideas, and go for a walk or jog to stay healthy.

5.

This person starts their day at 5:45 a.m. with an hour of tennis, which helps them stay fit and focused. Afterward, they get ready for the day by doing their hair and makeup, preparing for their busy schedule.

6.

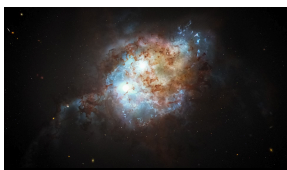
This person starts their day before the sun rises with a moment of gratitude. They stretch and do warm-up exercises to prepare their body for intense activity. They also practice mindfulness and visualization to focus their mind. A healthy breakfast fuels their energy for the day ahead.

Follow-up questions:

1. Which morning routine do you find the most appealing? Why?
2. Do you find these routines realistic or exaggerated?

13. Discuss. Try to use the vocabulary from the lesson.

1. Who is your **go-to expert** when you need advice on something? Why do you trust them?
2. What do you **crave** the most when you're stressed or tired?
3. How do you motivate yourself not to **slack off** when you're feeling lazy?
4. What are some disadvantages of following a rigid schedule?
5. Do you think spending time on self-care every day **pays off**? Why?



If you're still wondering about 10 things you might not know about black holes—well, I've been there! To satisfy your curiosity, I've prepared a few facts. Enjoy :)

1. Spaghettification. ★

A real term that describes what happens when matter gets too close to a black hole. It's squeezed horizontally and stretched vertically, resembling a noodle.

2. Cosmic vacuum cleaners.

Black holes don't suck in other matter. From far enough away, their gravitational effects are just like those of other objects of the same mass. ★

3. Spin.

All black holes spin. The fastest-known does over 1,000 rotations per second.

4. Light problem. ★

Black holes don't emit or reflect light, making them invisible to telescopes. Scientists detect and study them based on how they affect their surroundings. ★

5. Star booms. ★

One type of black hole is born when massive stars run out of fuel and explode in supernovae.

Source: <https://science.nasa.gov/universe/black-holes/>

6. Time. ★

Time slows down near a black hole. As you get closer to a black hole, time moves slower for you compared to someone far away. Near the event horizon (the point of no return), time almost stops!

Source: <https://science.nasa.gov/universe/what-happens-when-something-gets-too-close-to-a-black-hole/>

