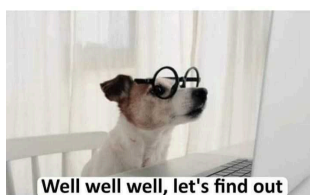


Exercise 1 is designed to introduce students to the topic and spark their interest. Tasks 2–5 focus on fluency, allowing students to recall or explore simple expressions that make describing their day feel more natural and conversational. While some phrases might seem new, students can focus on understanding them through context.

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://cheezburger.com/265829-17/31-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 sb's supplements floss sb's teeth fall asleep

- I couldn't make it as I **was stuck in traffic** for an hour. I hate driving at rush hours.
- In the evening, we can finally catch up on our day and just **laze around**.
- I decided it was time to **declutter** my bedroom. I have to get rid of all the unnecessary things.
- I'm going to **doll myself up** just to go shopping. Might as well look good while spending money.
- I need to **run errands** so you have to pick up a parcel from a delivery man.

6. After a long week of work, I **binge-watched** the latest season of my favourite series to unwind.
 7. Yesterday, we chatted and had a funny show on in the background, but we were both so tired we **fell asleep** during it.
 8. I can't remember if I've already **taken my supplements** or not. Guess I'll skip them just in case.
 9. Don't forget to **floss your teeth** it's just as important as brushing them.
 10. Who is **picking the kids up** 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...

If students struggle with this activity, you can provide them with an example.

Shortly after I wake up, I check my phone for messages.

Around 11 a.m., I usually have a snack or drink some coffee.

I study **for about** two hours, **after that** I take a short walk.

Most days, I spend some time reading or watching shorts.

I'm always energized **when I** exercise in the morning, **so I** try to do it at least three times a week. **I do this to** stay healthy and feel more focused during the day.

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?

wake up around 6:00-6:30

go outside for a ten-minute walk to catch some sunlight

delay caffeine intake to at least 90 minutes

drink water with a pinch of salt

fasting till 11 a. m.

work for 90 minutes with phone off

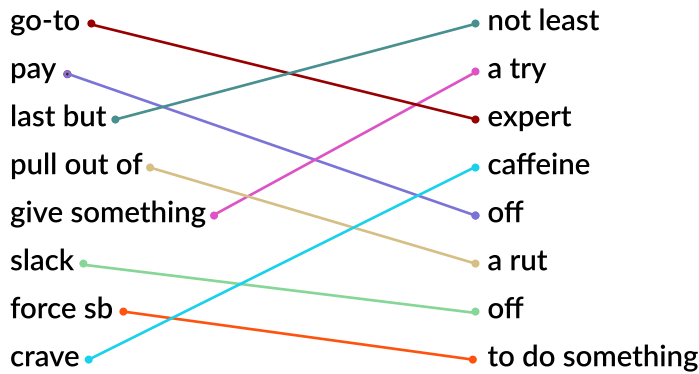
physical exercises for about an hour

cold exposure

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

- He feels much better.
- He improved both his energy level and his mood.
- He handed in everything on time at work.
- He improved the blood test results (e.g. vitamin D, cholesterol).
- He started to encourage his friends to give it a try.

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



1. to make less effort than usual, or to be lazy in your work - **slack off**
2. to make a person do something that they do not want to do - **force somebody to do something**
3. an extremely strong desire for something - **crave (caffeine)**
4. although it is mentioned last, it is just as important as the others - **last but not least**
5. make an attempt at something - **give something a try**
6. get out of a situation that never changes - **pull out of a rut**
7. to be successful - **pay off**
8. someone who people always ask for help, because of their great skill or knowledge - **go-to expert**

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.
Elon Musk's

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.
Jennifer Aniston's

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.
Jeff Bezos'

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.
Stephen King's

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.
Anna Wintour's

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.
Serena Williams'

Follow-up questions:

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

While working on this exercise, you can remind students how to form the possessive when a last name ends with 's' and explain the use of 'they' when referring to someone whose gender is unknown.

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?

As a way to revise the material, at the end of the lesson or at the beginning of the next one, students can work in pairs to role-play a dialogue where one person, using the vocabulary from the lesson, tries to convince the other to adopt a specific habit from the list in exercise 11. For example: *In the morning, I have no energy, crave coffee, and as a result, I slack off.*



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/>

