

Sweet Dreams pp 4, 5

Jump, March 2020



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1. Listen and choose the correct word.

When you sleep, your body and *head/brain* get ready for a new day. *Good/long* sleep keeps you healthy. You *have/need* enough sleep to grow!

Everybody needs a *good/little* sleep. But sometimes it's not easy to *get/sleep*. In the *UK/USA*, March is National Sleep Awareness Month. Let's *learn/read* a bit about sleep.

During the *day/night*, when it's *dark/light*, your brain produces a hormone called cortisol. It keeps you *awake/sleepy*. At night, when it's dark, your *body/brain* makes another hormone called melatonin. It makes you *sleepy/tired*.

2. Match A to B to make sentences. Then listen and check.

A

Go to bed

Take

Open

Read

Don't drink

Don't watch

Don't

Don't do

Don't play

B

the window in your bedroom.

scary movies.

on your mobile phone.

homework in bed.

exercise just before bed.

coca cola or soda.

at the same time every day.

a warm bath.

a book.

3. What can you do to have a good sleep? Write three sentences in each box.

DOs	DON'Ts

SOLUTIONS

1. Listen and choose the correct word.

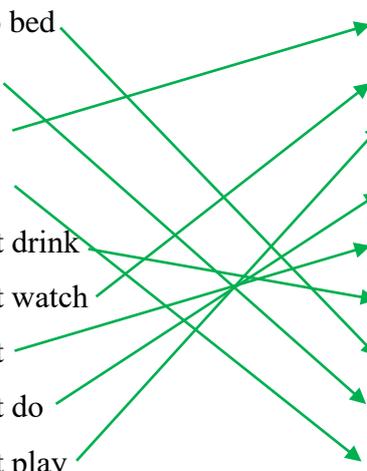
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2. Match A to B to make sentences. Then listen and check.

A	B
Go to bed	the window in your bedroom.
Take	scary movies.
Open	on your mobile phone.
Read	homework in bed.
Don't drink	exercise just before bed.
Don't watch	coca cola or soda.
Don't	at the same time every day.
Don't do	a warm bath.
Don't play	a book.



3. What can you do to have a good sleep? Write three sentences in each box.

Example solutions:

DOs	DON'Ts
Take a warm bath.	Don't play on your mobile phone.
Read a book.	Don't watch scary movies.
Open the window.	Don't drink coca cola.