LESSON PLAN

September, 2017

THE JAPANESE ART OF STEALING SLEEP
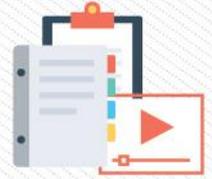
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B2 INTERMEDIATE

Stages	Procedure	Time

Objectives	1. To practice
	  a. predicting skills
	  b. skimming and scanning for details
	  c. inferring meanings of unfamiliar words from context	

Warmer	1. Teacher shows the following pictures to students:
	  a. Flag of Japan
	  b. A train
	  c. People sleeping in a train
	2. Teacher asks students what they think the article is going to be about.
	3. Teacher leads into the topic of the day.
		5mins

Pre-reading	1. Teacher goes through the vocabulary on page 13.	**3mins**
While-Reading	1. Teacher distributes **Task 1** and gets students to go through the questions. 2. Teacher gets students to read and scan for the answers from the article for **Task 1**.	**10mins**
Post-reading	1. Teacher confirms answers with the students. 2. Teacher groups students and distributes **Task 2** to each group. 3. Students read the paragraph in **Task 2** and replace each underlined word with a word or phrase from the article. 4. Teacher checks the answers and provides feedback. 5. Teacher distributes **Task 3** to each group. 6. Students look at the pictures in **Task 3** and skim for paragraphs that describe the pictures. Each group needs to write a caption for each picture. 7. Teacher discusses the answers.	**17mins**
Wrap	1. As a concept check, teacher gets students to form sentences with the vocabulary in **Task 2**.	**5 mins**

TASK 1

Read and answer the questions below.

1. How many people live in Tokyo?
2. What do people in Tokyo call themselves?
3. How many people take the train daily in Tokyo?
4. How many train stations are there in Tokyo?
5. What do the passengers do while waiting for the train to arrive?
6. What do the passengers do when they are inside the train?
7. How long should a person nap to feel refreshed?
8. What are the benefits of napping?

TASK 2

Read the paragraph below and replace the words underlined with a word or phrase from the article.

The writer was amazed to see many passengers sleeping in the (1) <u>train full of people</u> in the (2) <u>heavily populated</u> city of Tokyo. Everyday there will be millions of (3) <u>well behaved</u> passengers waiting for their trains at the (4) <u>fixed and appointed</u> places. Most of them will (5) <u>swiftly take</u> their phones from their pockets or bags and use them in silence. Once the train arrives, they will march into the train and (6) <u>carry on</u> looking at their phones. There are also passengers that will take their nap inside the train. Japanese are well-known of their good (7) <u>social behaviour in the workplace</u>. Therefore, after spending long hours at work, it is (8) <u>most favourable</u> to take a short rest during their train ride. They will either put their bags between their legs or (9) <u>firmly hold</u> them with their armpits while they are napping. Amazingly, these nappers sit still and wake up when they reach their destinations. It is (10) <u>suggested</u> that one should nap for at least 20 minutes in order to feel refreshed.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

TASK 3

Based on the article, write a caption for each picture below.

A.
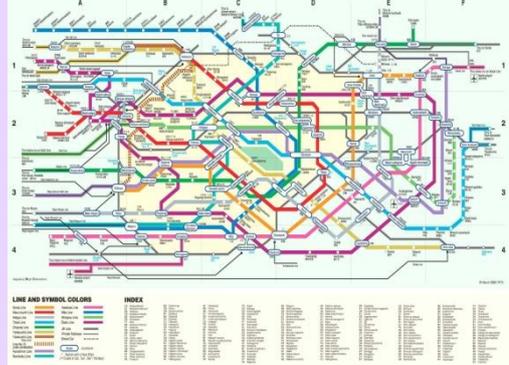
B.

C.

D.

E.

F.

G.

H.

ANSWERS

Task 1

1.   13 million people live in Tokyo.
2.   They call themselves Tokyokko.
3.   9 million people take the train daily in Tokyo.
4.   There are 285 train stations in Tokyo.
5.   They whip out their mobile phones play games or scroll through news.
6.   They fill up the empty places inside the train, then resume looking at their phones or take a nap.
7.   A person should nap for 20 to 30 minutes to feel refreshed.
8.   Napping can improve mood, alertness and performance.

Task 2

1.   crowded train
2.   dense
3.   disciplined
4.   designated marked spots
5.   whip out
6.   resume
7.   work etiquette
8.   ideal
9.   clutch
10.   recommended

Task 3

A.   Tokyo is a very large and dense city.
B.   There are 285 stations servicing the many districts in Tokyo.
C.   Once Tokyokkos enter the station, they line up at the designated marked spots.
D.   Tokyokkos tuck their bags between their legs.
E.   Tokyokkos resume looking at their mobile phones when they are inside the train.
F.   Tokyokkos never fall onto another passenger's lap or fall off their seat when they sleep in the train.
G.   The Japanese have strong work etiquette.
H.   It is recommended to nap for 20 – 30 minutes to improve mood, alertness and performance.

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