

LESSON PLAN

OCTOBER 2019

NATURAL STUDY AIDS

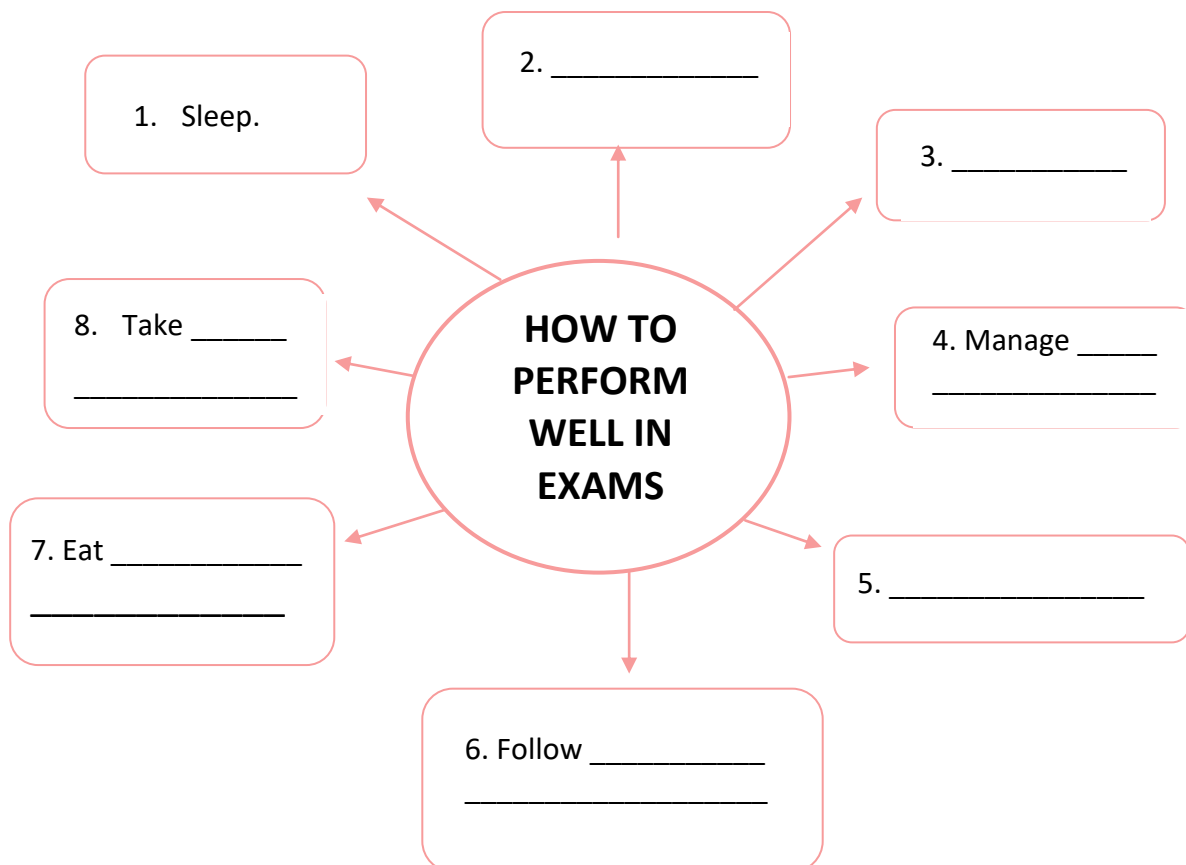

 JUST ENGLISH MAGAZINE VOL.16 ISSUE 7
 HISTORY OF RPG GAMING

C1 ADVANCE

Stages	Procedure	Time
Objectives	<ol style="list-style-type: none"> 1. To practice <ol style="list-style-type: none"> a. skimming sub-headings b. understand linking ideas c. guessing the meaning in context 	
Warmer	<ol style="list-style-type: none"> 1. Teacher shows a picture of a student studying under stress. Teacher asks students <ol style="list-style-type: none"> a. What adjectives can you use to describe this picture? b. How do you reduce stress? c. How can you perform well in exams? 2. Teacher leads into the topic of the day. 	5 mins
Pre-reading	<ol style="list-style-type: none"> 1. Teacher arranges the students into pairs. 2. Teacher distributes Task 1 and asks students to skim the sub-headings. 3. In pairs, students work on Task 1. 4. Teacher checks answer. 	5 mins
While-Reading	<ol style="list-style-type: none"> 1. Teacher distributes Task 2. 2. In pairs, students discuss and complete Task 2. 3. Teacher checks the answers and provides feedback. 	15 mins
Post-reading	<ol style="list-style-type: none"> 1. Teacher distributes Task 3. 2. Teacher explains the rules of using adverbs <ol style="list-style-type: none"> a. To describe adjectives b. To describe verbs 3. In pairs, students complete Task 3. 4. Teacher checks the answers. 	10 mins
Wrap	<ol style="list-style-type: none"> 1. Teacher does a concept check of the lesson by asking <ol style="list-style-type: none"> a. What method(s) are you using to study for exams? b. Which method would you like to try? Why? 	5 mins

TASK 1

Skim the sub-headings of the article. Fill in the mind map of “How to Perform Well in Exams” using imperative sentences.



TASK 2

The methods mentioned in the article are in the left column. Identify and match the correct supporting ideas in the right column.

- | | |
|--|--|
| 1. To stay focused and sharp, you need to lower your stress levels. D | ● a. This helps to improve attention and lower anxiety, tiredness, anger, and depression. |
| 2. To boost brain power, consume the right foods. D | ● b. This will repair and rejuvenate your body and brain. |
| 3. Meditate for 20 minutes as soon as you wake up. D | ● c. You should focus on breathing, take a walk, play sports, hug a loved one, and spend time with your pet. |
| 4. Take a 15 to 30-minute power nap. D | ● d. This method kick starts your brain by releasing proteins to improve memory and endorphins to reduce stress. |
| 5. Eat study-friendly foods. D | ● e. You should eat foods that release glucose slowly and steadily. |
| 6. Exercise benefits the brain. D | ● f. Having a conversation with someone helps to improve memory and brain performance. |
| 7. Socialising is a significant part of your time at school. D | ● g. Nuts, seeds, berries, fish, fruits, and vegetables provide long lasting energy for the brain. |

TASK 3

A. These are adverbs found in the article. Fill in the blanks with the correct adverb that best describes the adjective.

mentally incredibly too terribly

1. Being _____ busy is not a good excuse to not eat the right types of food.
2. Research has shown that lack of sleep can be _____ negative on cognitive function.
3. Nuts and seeds contain high unsaturated fat that keeps you _____ alert.
4. Green tea contains an _____ high concentration of antioxidants.

B. Below are adverbs that describe verbs. Fill in the blanks with the correct adverb.

properly slowly and steadily effectively enough carefully daily

5. Students should eat _____ when studying for exams.
6. Take _____ steps to reduce stress levels by taking a walk and spending time with your loved ones or pets.
7. Before taking any natural remedies, you should _____ follow the instructions on how to use it.
8. Sleep is necessary to give _____ time for the body to heal and recover.
9. Exercise benefits your body and brain providing sustained energy to study _____.
10. Consuming foods that _____ release glucose will allow you to study for longer periods.

ANSWERS

Task 1

1. Sleep.
2. Meditate.
3. Exercise.
4. Manage your stress.
5. Socialise.
6. Follow a healthy diet.
7. Eat study-friendly foods.
8. Take natural remedies.

Task 2

1. c
2. e
3. a
4. b
5. g
6. d
7. f

Task 3A

1. too
2. terribly
3. mentally
4. incredibly

Task 3B

5. properly
6. daily
7. carefully
8. enough
9. effectively
10. slowly and steadily