

No Sleep

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Based on New Welcome to English 4A Unit 6

Teacher's Notes

The Reading Task

Susan watched TV until 12 a.m. last night and her mother ordered her to go to sleep, but she said that sleeping wasted her time. Then her mother told her a story. Students need to read the passage and complete the crossword puzzle.

New Vocabulary Items

Survive (v): continue to live

Stationary (adj): not moving

Advice (n): opinion given about what to do or how to behave

Dizzy (adj): unable to balance; confused

Deteriorate (v): become worse in condition

Adequate (adj): sufficient and enough

Pre- reading Activity

- A teacher ask students how many hours they sleep every day
- Ask them to guess whether some animals and insects which do not sleep and what they are
- Ask students whether we can survive without any sleep
- Introduce the passage to students and tell them to complete the task

Language Spotlight

Question Structure	Have you heard, Is it surprising, Do you think
Adjectives	tired, sleepy, dizzy
Gerund	like watching TV and playing games

Read and Play

Susan watched TV until 12 a.m. last night. Her mother ordered her to go to sleep, but she said that sleeping wasted her time. Then her mother told her a story. Read the story and complete the task.

No Sleep

Have you ever heard that some animals and insects do not need any sleep? Butterflies, flies, and golden fish are examples of species which do not sleep every day. At times we see them being stationary, but this does not mean that they are sleeping. Their body temperatures decrease, and as a result they can not move. Is it surprising?

What about us? Do you think that we can survive without any sleep? One woman in England broke the world record by not sleep for eighteen days and seventeen hours. According to doctor advice, people, in fact, will die if they do not sleep for more than five days. If we do not get enough sleep, we will feel tired and dizzy. In addition, our health will deteriorate. However, many children like playing computer games and watching TV until late at night. When they go to school, they are very sleepy and do not have enough energy to pay attention to the teacher in classes. Adequate sleep is very important for us. Children, please be smart and go to bed early from now on.

Answer Sheet

Read and Play

Hi Children! After reading the story, please help Susan to finish the crossword puzzle given by her mother. It is very interesting!

Cross

1. They are insects which do not need any sleep and love flowers.
2. Some children play computeruntil late at night.
3. We will without any sleep.
4. Should we go to bed early?



Down

- a. People can not survive if they don't sleep for more thandays.
- b. Where did the woman who did not sleep for 18 days come from?
- c. Flies do not move because their temperatures
- d. "Mum, I am so because I watched TV until 12 a.m." Susan said.
- e. If we do not sleep for ten days, we will feel.....



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c.

3. D I E

b.

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