

## Hello, everyone.



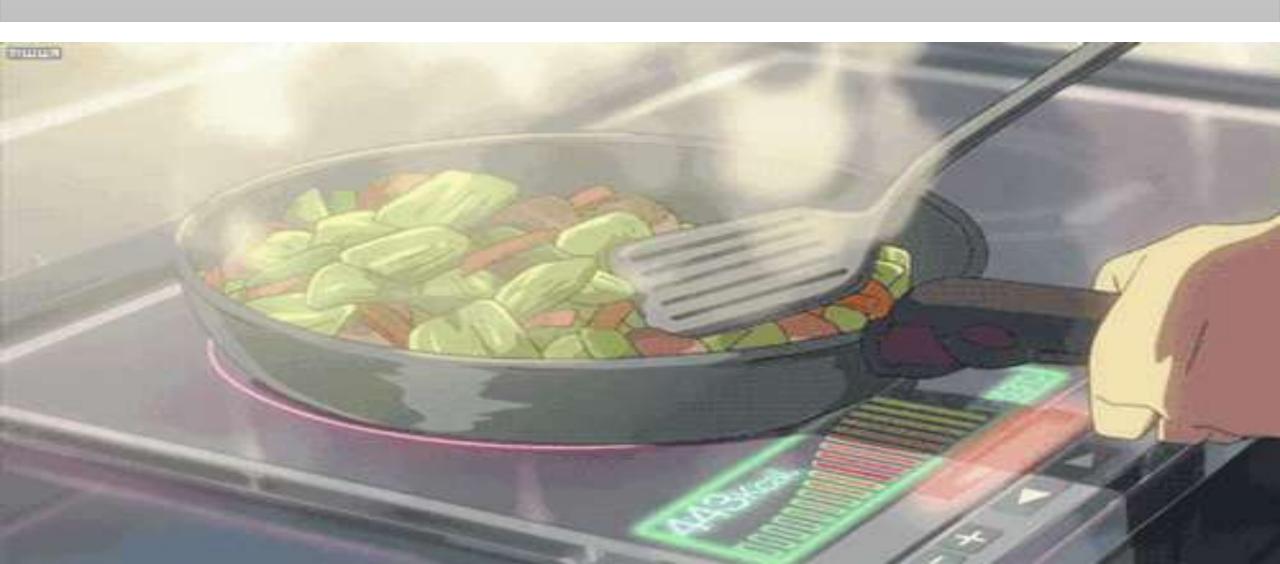
## Let's review.



#### How often are you late for your online classes?



#### How often does your mum make food?



#### Let's go to the book.



#### Are you a morning person?



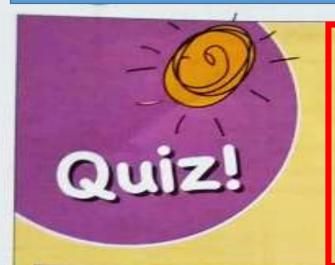
#### Are you an afternoon person?



#### Let's answer these funny questions.



Read the red box. Then do the quiz. Count your points



# Are you a morning or an afternoon person?

Some people love the mornings. They always wake up feeling happy and full of energy. Other people prefer the afternoons. They feel happier then.

What about you? Are you a morning person or an afternoon person? Do the quiz and add up your points!

- 1 Do you get out of bed quickly in the mornings?
- 2 Do you make your bed when you get up?
- 3 Do you feel very happy and energetic in the mornings?
- 4 Do you eat a lot of food for breakfast?
- 5 Do you help to make breakfast for your family?
- 6 Do you tidy your bedroom before you go to school?
- 7 Do you talk to your friends at school before your classes start?
- 8 Do you smile, laugh or sing in the mornings?

#### **ANSWERS**

always (5 points)
usually (4 points)
often (3 points)
sometimes (2 points)
never (1 point)

# You can check out if you are a morning or an afternoon person at home.

#### YOUR SCORE

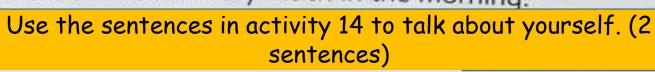
8-16 points: You aren't a morning person at all. You definitely prefer the afternoons!
25-32 points: You're quite a happy person in the morning. That's when you should do your favourite things.

17-24 points: You're OK in the mornings, but the afternoons are the best time of the day for you.

33-40 points: Wow! You're a super morning person! You love the mornings!

#### Let's do more exercises.

- First read the sentences. Then listen and check True or False.
  - Emma likes getting out of bed in the mornings.
  - Emma always makes her bed when she wakes up.
  - Emma never eats a lot of food for breakfast.
- Emma often helps her mum make dinner.
- Emma usually tidies her bedroom before school.
- Emma doesn't talk very much in the morning.
  - Use the sentences in activity 14 to talk about yourself. (2 sentences)





Example: I like getting out of the bed at 7.

**HOME-SCHOOL LINK** 

Tell your family what you usually do at school.



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## Bye everyone.

