Getting To Know

HOW TO RELAX

In 30 seconds, answer the following questions:

1. Why is it important to relax?
2. How much sleep do we really need?
Watch the video and answer the following question in 60 seconds.

What are some tips on how to relax?

Source: http://www.dailymotion.com/video/x4az3eg
Listen and repeat. Then, choose a word to define.

1. Constantly (adv) /ˈkɒnstəntli/

2. Escalate (v) /ˈeskəleɪt/

3. Hurtful (adj) /ˈhɜːtfəl/

4. Energetically (adv) /ˌenəˈdʒetɪkli/

5. Recover (v) /rɪˈkʌvə(r)/

6. Period (n) /ˈpɪəriəd/

Make a sentence using that word.

Example: This offer is available for a limited period only.
Wear Your Words

Explanation of a phrasal verb and a collocation.

Stay in to stay at home rather than go out.

Take a break/rest to rest from work for a short while.

Examples:

✓ *I stayed in* to relax last Monday.
✓ *He was taking a break* while we were working.

Make a sentence using the given phrasal verb/the collocation.
Essential Structures

Make a sentence using the given structure.

**Structure:**

\[ S + \text{be/get} + \text{tired} + \text{of} + \text{N/V-ing}. \]

**Example:** He was **tired of** working every weekend.

Make a sentence using the given structure.
Pair Work: Discuss the question: “What are the health benefits of relaxation?” in 180 seconds.

Suggestions:

- Protect your heart.
- Lower your risk of catching a cold.
- Boost your memory.
- Keep you safe from depression.
- Help you make better decisions.
- Improve concentration and mood.
- Etc.
Assessment Form

Here are some comments on your performance

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<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
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Feel free to ask if you have any questions!
What We Gained

✓ Vocabulary related to the methods to relax.
✓ **A phrasal verb and a collocation:**
  
  Stay in
  Take a break/rest

✓ **Structure:**

  S + be/get + tired + of + N/V-ing.

✓ Discussion about the health benefits of relaxation.

Please do your homework in the downloadable outline from the website!
Homework

Complete your mission and find more in related lessons

Your mission

 ✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
 ✓ Search for related lessons in the course browser
 ✓ Take those lessons

Recommendation

 ✓ 146-compare /sh/ vs. /ch/ (#0220)
 ✓ 78-practice gerunds vs. infinitives (#0131)