EARLY BIRDS VS NIGHT OWLS

Watch the video "What happens when a night owl wakes up early" by Science Insider.

1 WARM UP

Task 1: Describe your morning routine step-by-step below.

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

Task 2: Read and discuss the quote as a class. Use the following prompts:

1. What does the quote mean?
2. Do you agree with the quote?
3. How does the quote apply to your life?

> ***"The early bird catches the worm."***

2 KEY WORDS

Task 1: Replace the missing word with words from the box.

snooze	early bird	night owl	nap	jet lag

1. I'd rather be a **night owl** than an early riser because I don't like waking up early.
2. I wish I were an **early bird**, because it's easier to be productive in the morning.
3. The only cure for **jet lag** is going to bed at a reasonable hour.
4. When I am on holiday, I take a **nap** at least once a day.
5. I **snooze** my alarm clock at least two times every morning.

Task 2: Then, say whether the statement is true for you or not.

3 LET'S CHAT

Task: Discuss the following questions as a class. Say as much as you can!

1. Are you an early bird or a night owl?
2. How about your family members; are they early birds or night owls?
3. Are you more productive in the evenings or the mornings?
4. Do you struggle to fall asleep when you need to wake up early?
5. What is your bedtime routine?
6. Do you sleep better in the summer or winter?
7. How regularly do you take naps?
8. Do you sleepwalk or sleeptalk?
9. Do you dream regularly? Can you recall any of your dreams?
10. Do you watch series or movies before you go to bed? Do you think it is healthy?

4 VIDEO: LISTENING EXERCISE

Task 1: Say whether the following statements are true or false according to the video.

1. When you struggle to sleep, you can easily fix it by following certain tips. **False**
2. Going to bed at the same time every evening is a tip for better sleep. **True**
3. The circadian rhythm is responsible for making our organs work in harmony. **True**
4. Night owls produce melatonin early in the evenings. **False**
5. About 80% of Americans follow schedules that fall between 6 a.m. and 6 p.m. **True**
6. 50% of Americans consider themselves as night owls. **False**
7. When your circadian rhythm is out of sync, your risk of obesity increases. **True**

Task 2: Discuss the following questions as a class.

a. Why did it not used to matter if you were a night owl or an early bird?

b. Explain how society has made this difference a problem in recent years.

c. Explain what the proposed schedule for night owls looks like.

d. What is social jet lag?

e. What are some of the symptoms you can expect when your circadian rhythm is off?

f. Why is the CDC suggesting that school should start later?

g. Summarise the video, and say what you learned.

5 THE BENEFITS OF WAKING UP EARLY

Read the article and then complete the exercises.

Waking up early has long been associated with success and productivity. While it may seem challenging to break away from the comfort of a cosy bed, the advantages of an early morning routine extend far beyond simply getting a head start on the day. In this article, we will explore the numerous benefits that come with embracing the habit of rising early.

One of the primary advantages of waking up early is the opportunity to start the day with heightened productivity and focus. The early morning hours are typically quiet and free from distractions, enabling individuals to tackle important tasks without interruptions. With a clear mind and fewer external distractions, it becomes easier to concentrate on complex or creative projects, boosting productivity and efficiency. Additionally, the calm and peaceful environment in the early morning allows for enhanced concentration, enabling individuals to accomplish more in less time.

Waking up early provides an opportunity to establish a morning routine that fosters mental well-being and mindfulness. Starting the day with activities such as meditation, yoga, or journaling can promote a sense of inner calm and clarity. Engaging in these practices early in the day sets a positive tone, reducing stress levels and enhancing overall mental well-being. Furthermore, having extra time in the morning allows individuals to ease into their day at a leisurely pace, reducing feelings of rush or anxiety.

In addition to mental well-being, waking up early contributes to improved physical health. Individuals who rise early tend to have more time for exercise, whether it's going for a morning run, hitting the gym, or engaging in a home workout routine. Regular physical activity in the morning not only boosts energy levels but also stimulates metabolism, leading to better weight management. Also, exposure to natural morning light helps regulate the body's circadian rhythm, enhancing sleep quality and providing a more refreshing start to the day.

Lastly, waking up early provides an opportunity for personal growth and self-reflection. The quiet solitude of the early morning allows individuals to engage in activities such as reading, learning, or pursuing hobbies, which might otherwise be neglected due to a lack of time. Early mornings offer uninterrupted moments for self-improvement, expanding knowledge, and pursuing personal interests.

Waking up early is a habit that can transform one's life positively. From increased productivity and focus to improved mental and physical well-being, the benefits of embracing early mornings are numerous. By incorporating an early wake-up routine, individuals can unlock their potential, seize the day, and create a foundation for a fulfilling life.

Task 1: Research and then discuss the meanings of the words from the article.

1. cosy
2. fosters
3. journaling
4. metabolism
5. circadian rhythm
6. solitude
7. incorporating
8. fulfilling

Task 2: Use each word above in a sentence.

Task 3: Answer the following questions about the article.

a. How can a morning routine positively impact the rest of the day?

b. What are the potential long-term health benefits of waking up early?

c. How does exposure to natural morning light affect our overall well-being?

d. What are the advantages of having extra time in the morning for personal growth and pursuing hobbies?

e. What are some potential challenges or obstacles that individuals may face when trying to establish an early morning routine?

f. How does the act of waking up early impact our overall perception of time and our ability to manage it effectively?

g. Can you think of any successful individuals who attribute their achievements to the habit of waking up early?

h. How might the benefits of waking up early differ for individuals with varying lifestyles or professions?

i. Share your own experiences of waking up early. How did you feel? Do you agree with the points raised in the article?

5 COMPARATIVE CONJUNCTIONS

Read the theory about comparative conjunctions and then complete the exercises.

Comparative conjunctions	
Definition	Conjunctions are words used to connect clauses or sentences or to coordinate words in the same clause.
Use	To link ideas that are considered to be similar or opposite. Used when comparing two ideas with one another.
Example	Although I am a night owl, I wish I were an early bird because I am more productive in the morning.

Task 1: Let's compare! Put the qualities in Box 1 into the correct tables below according to how you feel about it. There is no right or wrong answer. No correct answer.

Box 1

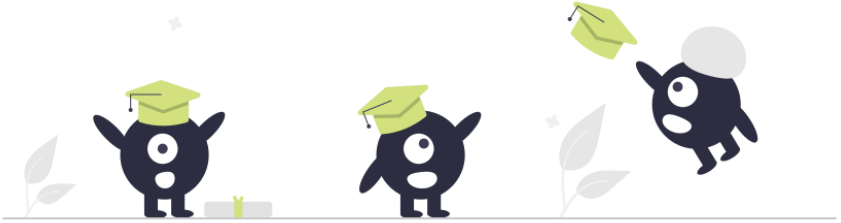
productive	well-rested	healthier	active
lazy	put together	energetic	creative

Night owl	Early Bird

Task 2: Compare an early bird and a night owl by using the conjunctions in Box 2. You need to make as many sentences as you can.

Box 2

although	however	even though	but
whereas	on the other hand	as a results	despite



6 IDIOMS & PHRASES

Task 1: Match the idioms to their meanings (a-e).

1. Sleep on it.
2. Up at the crack of dawn.
3. Toss and turn.
4. Not sleep a wink.
5. Out like a light.

Meanings:

a. To think about something overnight **1**

b. To not sleep at all **4**

c. To be up very early **2**

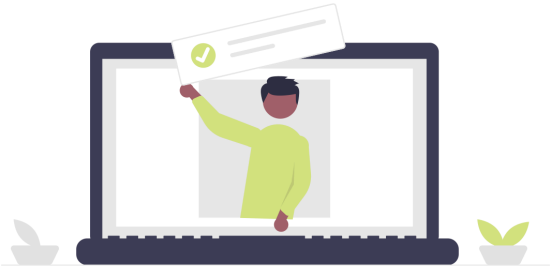
d. To experience restless sleep with lots of moving **3**

e. To fall asleep immediately **5**

Task 2: Practise using the idioms by discussing the following questions as a class.

1. When you need to make a big life choice, do you sleep on it?
2. Does your job require you to get up at the crack of dawn?
3. Why do you think some people struggle to fall asleep; and toss and turn all night?
4. Talk about the last time you didn't sleep a wink.
5. Do you struggle to fall asleep or are you usually out like a light?

Task 3: Write a sentence using each idiom that describes your own experience. Take a few minutes to prepare, then share your sentences with the class.



8 QUOTES

Task: Discuss the quotes below, use the questions to guide your answer.

1. Discuss the meaning of each quote.
2. How could you apply the meaning of each quote to your life?
3. To what extent do you agree / disagree with each quote?
4. Can you think of any real-life example where you have seen the meaning of each quote in practice?

Quotes:

“Early to bed and early to rise makes a man healthy, wealthy, and wise.”
"Nights out with friends are the ingredients of laughter, adventure, and unforgettable moments."
"A well-crafted nighttime routine is the key to a peaceful and restorative sleep."
"The early morning has gold in its mouth."

9 WOULD YOU RATHER?

Task: Have fun while discussing the following questions. Would you rather...

have a strict routine every day	**or**	have complete spontaneity with no set schedule?
exercise in the morning just after waking up	**or**	exercise at night just before going to bed?
continue with your current job with no changes	**or**	have a 100% pay increase but you have to work from 10 pm to 6 am Monday-Friday

HOMEWORK

1 IDIOM PRACTICE

Task: Complete the questions below with an idiom or phrases from the lesson. Then, write an answer for each one.

1. When was the last time that you got up at the **crack** of dawn?

2. Talk about something that'll be a **dream** come true for you.

3. Do you fall asleep easily or do you **toss** and turn at night?

4. Do you think it is a good idea to **sleep** on big decisions?

5. How do you feel after a night where you didn't sleep a **wink**?

2 GRAMMAR PRACTICE

Task: Are you a night owl or an early bird? Write a paragraph to explain. In your answer, use the conjunctions in the box to make comparisons.

although	however	even though	but
whereas	on the other hand	as a results	despite