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| Reading Lesson Plan | | | |
| Title: Causes of Insomnia | | | |
| Teacher | Student Level & Age | No of Students | Length |
| YeJin Kang | High beginner & 17-19 | 19 | 50 mins |
| Materials: - computer & projector  - PPT  - reading passage & comprehension questions (22copies) | | | |
| Aims: To help students: -learning about ‘Insomnia’ through the passage.  -Improving their reading skills by reading text.  -speaking and listening to each other by discussing.  -learning about Gerund and practice it by making sentences. | | | |
| Language Skills: Listening: listening to other students’ opinion by discussing.  Speaking: participating in a discussion.  Reading: reading a passage.  Writing: practicing by making sentences. | | | |
| Language Systems: Phonology: practicing pronunciation of vocabularies.  Lexis: vocabularies related to ‘causes of Insomnia’  Grammar: the Gerund  Discourse: Students will discuss about whether they agree or disagree about something.  Functions: agreeing and disagreeing. | | | |
| Assumptions: N/A | | | |
| Anticipated Errors and Solutions: N/A | | | |
| References: Images in the PPT : <http://navercast.naver.com/contents.nhn?rid=23&contents_id=1710>  Reading passage : text book published by e-future ‘easy content reading 3’ | | | |
| Notes: N/A | | | |

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| Pre Task | | | |
| Title: Think about your experience. | | Aims: To make Ss think relate to the main topic.  To make Ss recall their experience.  To elicit words. | Materials: PPT |
| Time | Set Up | Students | Teacher |
| 10 mins | Whole class | -Ss will answer questions.  -Ss will see the PPT and guess | -asking questions   * Did everyone sleep well last night? * How many hours do you sleep a day?   Show PPT to Ss  -Eliciting the main word ‘Insomnia’   * What do you think of this picture? * Does anyone have experienced of stay up all night though you wanted to sleep? * What do we call this disease? |
| Notes: N/A | | | |

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| Task Preparation | | | |
| Title: Discuss about ‘causes of insomnia’ | | Aims:To make Ss discuss about ‘causes of insomnia’ To make Ss practice insist their opinion ‘agree or disagree’ by discussing with group.  To make Ss improve speaking and listening ability by sharing ideas. | Materials: PPT |
| Time | Set Up | Students | Teacher |
| 10  mins | group | Ss will see the PPT and discuss about that.  Ss will decide ‘agree or disagree’ and insist their opinion.  Ss will listen to other Ss’ opinion. | Show PPT to Ss and make them discuss by group. |
| Notes: N/A | | | |

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| Task Realization | | | |
| Title: Read the passage and check with worksheet. | | Aims:To make Ss improve their reading skill by reading the passage. To make Ss learn about insomnia and related vocabularies.  To comprehension check by answering questions. | Materials: Passage about ‘causes of insomnia’ |
| Time | Set Up | Students | Teacher |
| 20  mins | Individual | Ss will read the passage.  Ss will find the word of title.  Ss will answer the following questions. | -hand out reading passage to Ss  -let Ss read the passage.  -after reading, elicit the word of title.   * Can you guess the proper word of title?   -let Ss answer the comprehension questions. |
| Notes: | | | |

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| Post Task | | | |
| Title: Learn vocabularies and grammar ‘Gerund’ | | Aims:To make Ss learn vocabularies related to the passage. To make Ss learn the Gerund and practice it by making sentences. | Materials: PPT |
| Time | Set Up | Students | Teacher |
| 10 mins | Whole class | Ss will guess meanings of vocabularies.  Ss will learn about ‘Gerund’  Ss will make sentences using vocabularies they learned. | -Show PPT to Ss and elicit meanings  -explain about the Gerund and make Ss practice. |
| Notes: | | | |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of insomnia

When you can’t fall asleep or can’t stay asleep, you have insomnia. Insomnia that continues for a long time can be a sign of a serious medical problem. However, everyone has trouble sleeping once in a while. There are several possible causes of temporary insomnia.

One of the most common causes is stress. Even a fairly small event, such as a sudden change in the weather, an exam, or a difficulty at work, can cause stress that keeps you awake.

Traveling by plane across many time zones often makes it difficult to sleep. This is a problem known as “jet lag”. In this case, the only cure is time. In general, it takes one day per hour of time difference to recover from jet lag.

Some substances also cause temporary insomnia. Avoid caffeine and cigarettes if you want a good night’s sleep. On the other hand, there are some things like milk that may help you fall asleep more quickly. It has some special properties that help people relax and fall asleep.

**Comprehension questions**

1. Check true or false.
2. Stress is one of the most common causes of insomnia. ( T / F )
3. Cigarettes do not cause insomnia. ( T / F )
4. Temporary insomnia is not very common. ( T / F )
5. A little caffeine will help you sleep. ( T / F )
6. Based on the passage, if you drink milk, all the following happens except that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. You may fall asleep more quickly
8. It relaxes you
9. Special properties in it help you sleep
10. You can sleep without a dream.
11. You have travelled across seven time zones. According to the passage, you will recover from jet lag in \_\_\_\_\_\_\_\_\_.
12. Seven weeks
13. One week
14. One month
15. Seven hours
16. Make your own one-day plan for good sleep.