

My VOCABULARY

Free-time activities → Student's Book p61

I can remember these words:

Indoor activities

Outdoor activities

Words from this lesson that are most useful for my life:

I need more practice. I know these words well.

More practice? Go to → WORKBOOK p41

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Feeling good



My READING

Sleep well → Student's Book p62

A question I want to ask Dr Adam Horowitz or a sleep volunteer at Dream Lab:

I think my own sleep quality is **bad / ok / great!**
Because:

More practice? Go to → WORKBOOK p42

My GRAMMAR

Future: **will** and **going to**

→ Student's Book p63

Can you remember?

I'll be there! → decisions, offers and promises / excuses

I'm going to drop it! → future plans / predictions based on what we see and hear

I found this grammar **difficult / OK / easy.**

More practice? Go to → WORKBOOK p43

LEARNING SITUATION STEP 1

Our challenge predictions → Student's Book p63

My challenge:

My partner's challenge:

Predictions about our challenges:

My VOCABULARY

Feelings (nouns and adjectives)

➔ Student's Book p64

I know these adjective and noun pairs:

Adjectives

amaz ...

annoy ...

anxious


Nouns

amazement

annoyance

anx ...

More adjective and noun pairs:

 **How I learn** Learning the different parts of words (nouns, adjectives) is a good way to increase my vocabulary. Yes / No

I am confident about these words.

More practice? Go to ➔ **WORKBOOK p44**

My LISTENING

Happiness hacks ➔ Student's Book p64

Three different ways to be happy from the *Get Happy* podcast:

I'm the boss! How will I make my school a happier place? My ideas:

I will make everyone ...

More practice? Go to ➔ **WORKBOOK p44**

My GRAMMAR

Future: present simple and continuous

➔ Student's Book p65

Can you remember?

It's / It's being my dad's birthday next week.

He takes / He's taking me paddleboarding.

I can use this grammar to talk about my plans:

Plans for this weekend: I'm ...

I found this grammar mainly familiar / mainly new.

More practice? Go to ➔ **WORKBOOK p45**

LEARNING SITUATION STEP 2

My script planning ➔ Student's Book p65

Script for part 1 of my video:

Cook Korean

➔ Student's Book p66

CULTURE CORNER

I can / can't find
South Korea
on a map.

The food from the video I would most like
to eat is ...

The food from the video I would least like
to eat is ...

I think eating and cooking traditional dishes is
a good way to learn about different cultures:

Strongly disagree / Disagree /
Agree / Strongly agree

My SPEAKING**Making arrangements** ➔ Student's Book p67

I remember these phrases for making
arrangements:

Good idea!

It'll be fun!

My favourite
phrase to
express
enthusiasm is:

I can't wait!

I'm looking
forward to it!

I feel **confident** / **unsure** about making
arrangements.

My WRITING**Opinion essay** ➔ Student's Book p68**How did it go?**

1 = easy 2 = OK 3 = difficult

1 / 2 / 3 Deciding which question to answer

1 / 2 / 3 Choosing a strong opinion

1 / 2 / 3 Finding evidence

1 / 2 / 3 Using the structure

1 / 2 / 3 Including the fixed phrases

This writing task was **OK** / **challenging**.

More practice? Go to ➔ **WORKBOOK** p46

LEARNING SITUATION STEP 3**More script planning** ➔ Student's Book p67

Phrases to add to script

Help listeners feel included

Who else feels like ... ?

Expressing enthusiasm

I can't wait!

Expressing difficulty

What a nightmare!

My favourite activity in this unit was ...

I need more practice with ...

Reflections on My LEARNING

The most difficult activity in this unit was ...

How I learn grammar – these techniques help me:



In this unit I learned how to ...

... talk about free-time activities

... talk about the future using *will*
and *going to*

... talk about feelings using nouns
and adjectives

... talk about plans, arrangements and
events in the future

... make arrangements

... write an opinion essay

... design and complete a one-week
wellbeing challenge

For example ...

For example ...

For example ...

For example ...

Teacher's comment:

.....

.....

My goals for the next unit:

Come back
and check

1.

2.

3.