

Sleep Quality Optimization



Restorative Sleep

The ultimate goal of sleep optimization



Sleep Quality

The key to restorative sleep



Sleep Cycles

Understanding sleep stages for better rest



Biohacks

Advanced strategies for sleep improvement



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Tools to enhance

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web activity project an image on the board remind the students not to turn around first or show the student at the front a picture the student who can see the picture describes the picture in detail to their partner the class using the target language no

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web the drawing version is usually known as a picture dictation but for this language point the same thing can be done with cut out or 3d shapes bent pipe cleaners fuzzy felt playdoh lego etc self created picture differences you can also give students a scene and tell them

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web this picture dictation can be used to help students practice describing and prepositions of place procedure divide the students into pairs have each pair sit back to back give one student a picture and the other student a piece of paper the student with the picture then describes it to their partner

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web get students to colour the pictures in afterwards as a colour dictation for example colour the roof of the house green colour the door of the house red or get students to label different objects by writing the name of the object underneath it such as house bird etc

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web for example in the picture there is a house with two windows and there is a car with follow up drawing dictation activities below you will explore activities that are wonderful to conclude a drawing dictation activity describe the picture after the drawing dictation activity

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web topic drawing dictations aims to learn how to use prepositions of place correctly when describing a picture to practise giving instructions to work in a group sharing information to complete a drawing task age group teenagers and young adults level a2 b1 b2 time 50 60 minutes materials paper and pencils introduction

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web this exercise focuses on choosing or preparing a text in clear visual terms so that it can be used for picture dictation which involves learners in all four skills of listening with attention fun and interest speaking with confidence reading

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web in particular they identified conditionals negation prepositions and word order as specific areas of difficulty this strategy gives an example of how to teach the language of position and shape in an interactive task that requires both listening and speaking procedure

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web give students model language and do an example in my picture the tree is next to the house on the left the other student reply yes that is the same as my picture or sorry my picture is different in my picture 5 students take turns describing the differences in each of their pictures until they have completed the picture

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web jan 16 2016 for instance with the story of the jackal and the crow i have used the picture below learners can also do picture dictations in pairs or groups with one learner looking at a picture and the other s drawing in fact this is a good way of following up a teacher led picture dictation with different pictures of course

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web subject art cross curricular links english language time 10 15 minutes materials paper crayons each student gets his her paper and crayons ready tell them what and where to draw children follow your instructions when they are done they can compare their picture with yours ours is bigger to see if they were right

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web preposition prepositions are words which show the relationship between a noun or a pronoun object and some other words in the sentence they are always followed by nouns or pronouns prepositions are classified into three groups as below always remember 1 prepositions are always followed by a noun never followed by a verb

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harriet tubman born araminta ross c 1820 or 1821 march 10 1913 was an african american anti slavery worker and humanitarian she was also a union spy and the first black woman to ever lead an american mission during the american civil war she was born into slavery but she escaped during her life she made nineteen trips she helped more than 700

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