

UNIT

4

Time for bed

1

30



Listen to the words in orange. Then listen again and repeat.



2

31



Listen and number. Then listen again and repeat.

3

32



Listen and tick (✓): What do Hassan and Bobby do when they go to bed? Listen again and complete. Then sing.

When it's time for bed,
I have a (1) _____
and put my pyjamas on.
I wash my (2) _____
and I clean my teeth.
Then we go to (3) _____
and we go to sleep.

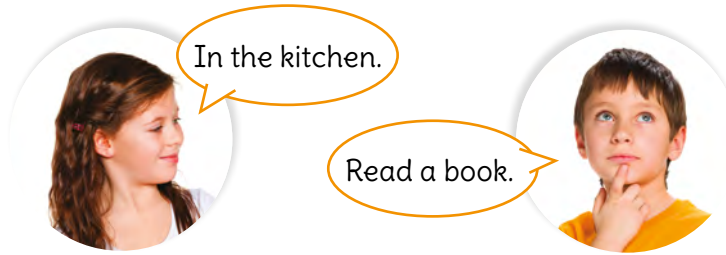
I wash my face
and I clean my teeth.
Then we go to bed.
But we don't go to (5) _____.
No, we don't go sleep.
We (6) _____!





When it's time for bed,
I have a shower
and put my (4) _____ on.



1  Look at Activity 1 on page 40 and play a memory game.



2   Listen and put a tick (✓) or a cross (✗).



When it's time for bed, do you...

- 1 wash your face?
- 2 have a shower?
- 3 clean your teeth?
- 4 put your pyjamas on?
- 5 read a book?
- 6 go to sleep?



3  Look at Activity 2 and write.

When it's time for bed,

- 1 I wash my face.
- 2 I don't
- 3 _____
- 4 _____
- 5 _____
- 6 _____

HOP into grammar

Write the words in order.
wash / my / I / face

I don't wash my face.



1 Listen, read and answer: Where are Hassan and Bobby?



Bobby, do you read every night?

Yes, I do!

Do you read long stories?

No, I don't. I read short stories.

Children, it's late. Please go to sleep.

Oh, Dad!

2 Look at Activity 1 and complete.

Bobby and Hassan are in the (1) _____. It's (2) _____ ten. When it's time for bed, they (3) _____. Bobby likes (4) _____ stories. (5) _____'s dad says it's late but the children (6) _____ want to sleep.

3 Ask and answer: *When it's time for bed, do you...?*

HOP into grammar

Write the words in order.
 you / Do / books / read
 _____ ?
 Yes, I do. / No, I don't.



1 Listen and number. Then listen again and repeat.



shadows



spiders



storms



bats

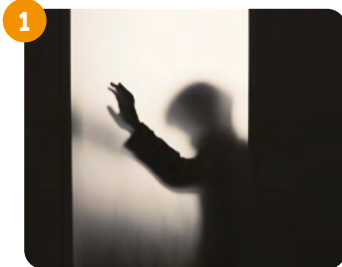


monsters

2 Listen and match.

Jenny

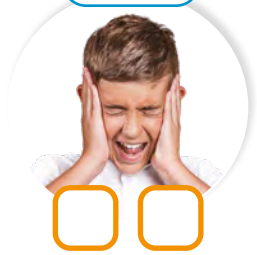


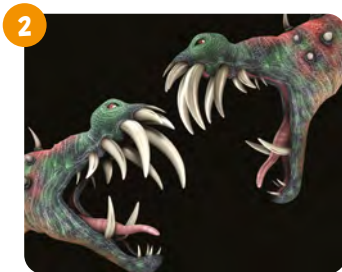


Mark



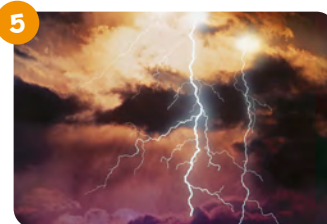
Danny





Rachel





3 Look Activity 2 and complete.

Jenny: At night, I'm scared of storms and shadows _____.

Danny: At night, _____.

Mark: At night, _____.

Rachel: At night, _____.

Look!

I'm scared of spiders.

Let's read!

1



Listen and read.

It's time for bed. It's half past ten at night. Emma is in Alison's house. Emma is in the bathroom. She is cleaning her teeth. Alison is in the bedroom. She's putting her pyjamas on.



Alison: I don't want to go to sleep. I want to watch TV. Do you watch TV at night?

Emma: Yes, I do. I watch TV or read books.

Alison: Do you want to watch a film about monsters?

Emma: Er... I don't know. I'm scared of monsters.

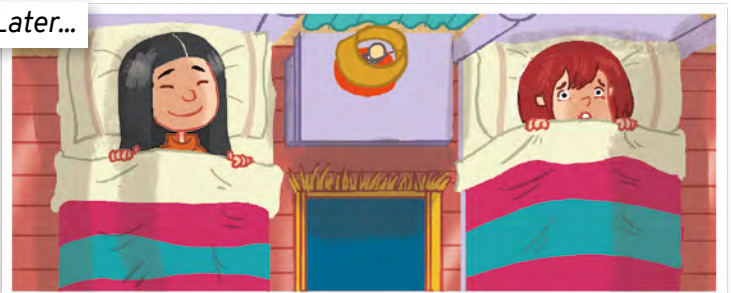
Alison: Really? I'm not scared of monsters. They aren't real. I'm scared of spiders. Spiders are real!



Alison: Oh! This film is great! Let's watch it!

Emma: But it's very scary...

Later...



Alison: It's half past twelve. Let's go to sleep.

Emma: I can't go to sleep. I'm scared!

Suddenly...



Alison: Emma, can you see that?

Emma: Yes, I can...

Alison: It's a monster! Aaargh!



Emma: It isn't a monster! It's windy outside and the tree is moving. It's the shadow of the tree!

Alison: Oh! I'm sorry, Emma. It isn't a good idea to watch scary films at night!

2  How does Emma feel? Look and circle.



1 In scene 2, she feels...



happy



sad



scared



2 In scene 3, she feels...



happy



sad



scared

3   Read again and match.



Alison

I want to watch TV.

I watch TV or read books.

I like films about monsters.

I'm scared of monsters.

I'm scared of spiders.



Emma

4  Complete.

scared

monster

sleep

half past ten

watch

shadow

It's (1) _____ at night. Emma is in Alison's house. The girls don't want to go to (2) _____ and they (3) _____ a film about monsters. The film is very scary.

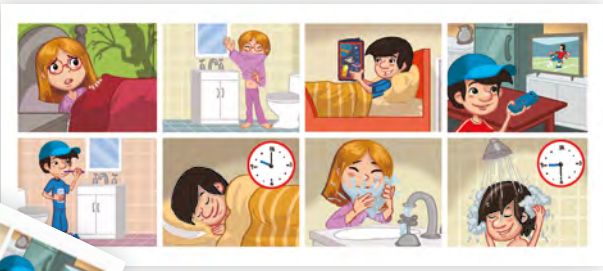
After the film, Emma is (4) _____. Suddenly, Emma and Alison see a (5) _____ outside. But it isn't a monster. It's the (6) _____ of a tree!



Look at Activity 2 again: What do you think about Alison's attitude in scene 3?



1   Make and play.



I wash my face in the bathroom.

I go to sleep at ten o'clock.






I wash my face in the bathroom.



I've got it!

I've got it too!

2   Read. Then draw and write about you.





I go to bed at ten o'clock. When it's time for bed, I wash my face and clean my teeth. I don't have a shower. At night, I'm scared of storms.

I go to bed at _____.



Hop into the world

1  Think and discuss: What things or situations make you feel scared?

2  Look and think: How is he feeling? Choose and write. There are two extra options.



surprised



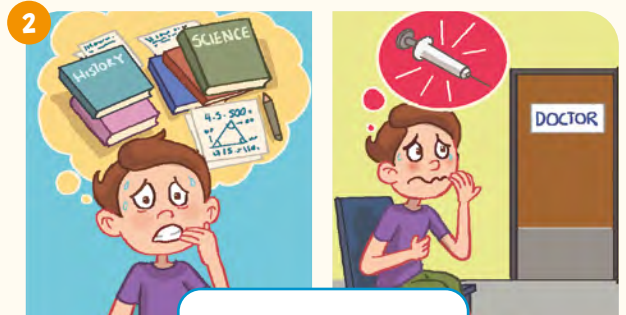
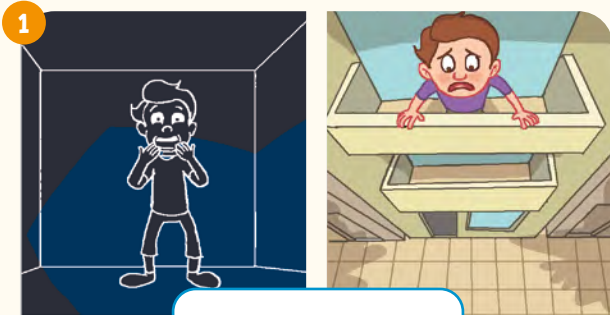
anxious




scared





happy



3  What happens to your body when you're scared and/or anxious? Tick (✓).



4   Read the poem. What is it about? Tick (✓).

*When fear knocks on your door,
Take a deep breath and count to four.
Or close your eyes and imagine a place
Like a sunny beach or the starry space.*

*You can also share your scary concerns
With some of your loving friends.
Or you can use brilliant markers
To paint beautiful relaxing summers.*



*You can also repeat day and night,
'I'm brave, I'm all right.'
If you sing and dance a happy song,
Your fears won't last long.*


*Get a jar and decorate it with care,
Write your fears and put them there.
Or imagine a shield, strong and bright,
And fear won't touch you thanks to its light.*

*Remember that fears come and go.
In every heart, they sometimes grow.
With these techniques fears will cease
And you will find your inner peace.*




- 1 It's about ways to deal with fear and anxiety.
- 2 It's about things that make people scared and anxious.
- 3 It's about how our bodies show fear and anxiety.


5   Read again and think of a title for the poem. Then write it.

6  Look at Activity 4 and, in your notebook, make a list of the techniques you can use to deal with fear.

Project In groups, make a leaflet called 'How to deal with fear and anxiety' with the answers from Activity 6. Share it with your family and friends, and ask them to add more ideas. Then share the new ideas with your class.

Integration 2


1  Write the words in order. Then look at Activity 2 and write the answers.

2  Look and complete.



- riding
- catching
- walking
- ~~running~~
- throwing
- jumping

- 1 Gary *isn't running* _____.
He's _____ a horse.
- 2 Tiara _____ a ball.
She _____ a rope.
- 3 The horse _____.
It _____.

3  Look and complete.



- 1 Gary is in the _____. He's _____ a book about spiders.
- 2 Gary is in the _____. He _____ a shower.
- 3 Tiara is in the _____. She _____ her face.
- 4 Tiara is in her _____. She _____ in her diary.

4  Write the words in order. Then complete the answers with *Yes, I do* or *No, I don't*.

When it's time for bed:

- 1 **book** **read** **Do** **a** **you**
 _____ ? _____ . I love scary stories!
- 2 **you** **diary** **write** **Do** **in** **your**
 _____ ? _____ . I write about my day.
- 3 **watch** **you** **Do** **TV**
 _____ ? _____ . I like watching films.
- 4 **play** **Do** **computer games** **you**
 _____ ? _____ . I haven't got a computer.

UNIT 4

Time for bed

1  Complete. Then match.

1 c _____ my t _____

2 p _____ my p _____ on

3 h _____ a s _____

4 g _____ to s _____

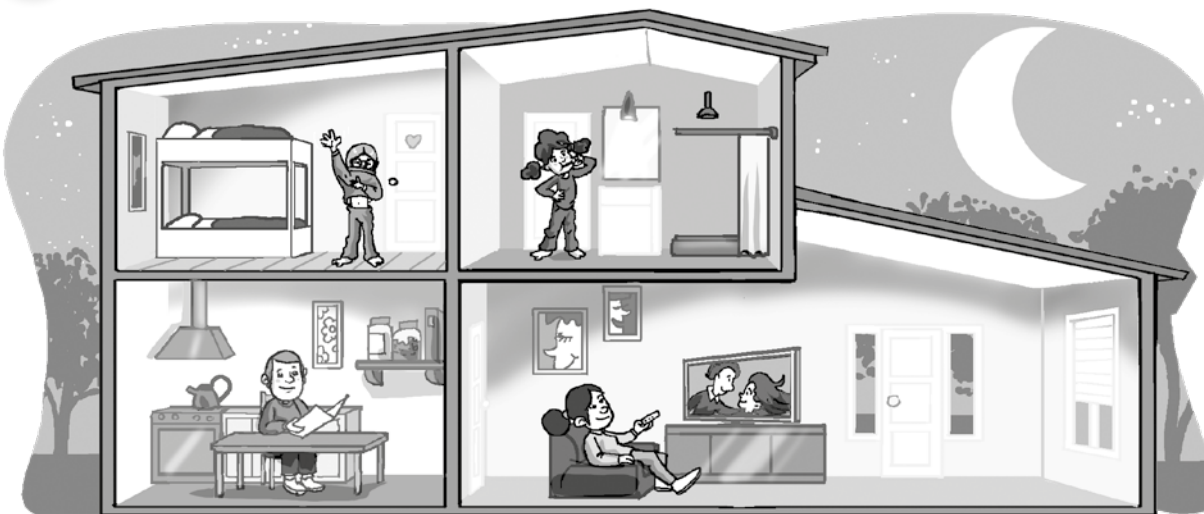
5 w _____

6 w _____ my f _____

7 r _____ a b _____



2  Look, match and complete.



1 Natalie's mother

2 Natalie

3 Vicky

4 Natalie's father

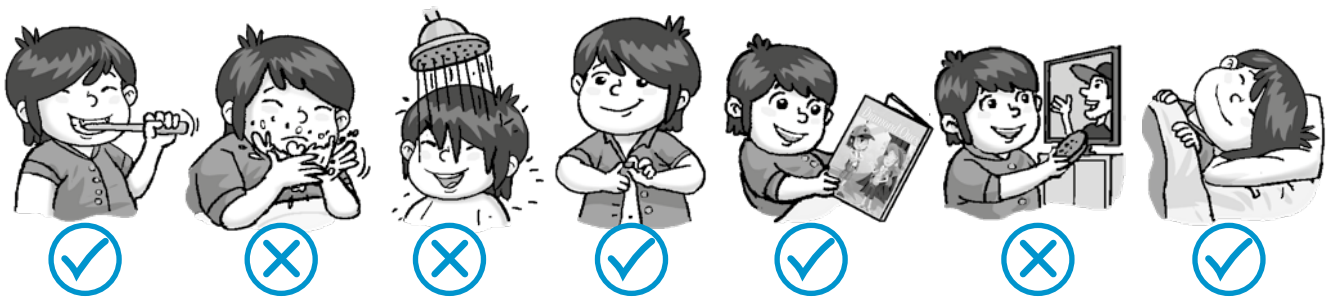
is putting her pyjamas on in the _____.

is reading in the _____.

is cleaning her teeth in the _____.


is watching TV in the _____.

3  Look and write.



When it's time for bed,

- 1 I clean my teeth.
- 2 I don't
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

4  Write the words in order. Then circle the answers about you.

When it's time for bed:

1 **your** **wash** **Do** **face** **you**

_____ ? Yes, I do. No, I don't.

2 **your** **Do** **clean** **teeth** **you**

_____ ? Yes, I do. No, I don't.

3 **shower** **you** **a** **Do** **have**

_____ ? Yes, I do. No, I don't.

5  Complete. Then match.

dow

ons

orm

spi

ba

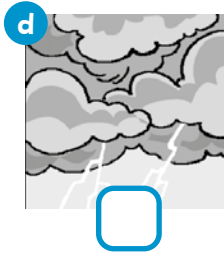
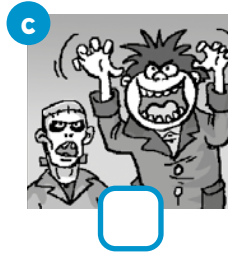
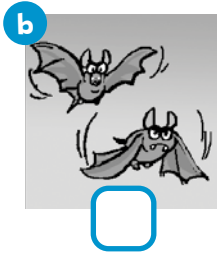
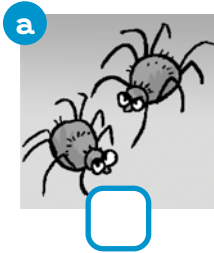
1 m ____ ters


2 st ____ s

3 sha ____ s

4 ____ ts


5 ____ ders



6  Trace. Then write.



- 1 Vicky: I'm scared of _____
- 2 Hassan: _____
- 3 Natalie: _____
- 4 Bobby: _____

7  Answer about you.








What are you scared of? _____



1



Look and complete.

When it's time for bed, I  (1) _____ in my(3) _____. I  (2) _____,I (4) _____ and I  (5) _____.When it's time for bed, I  (6) _____ in the (7) _____. I  (8) _____.I  (9) _____ in the  (10) _____or in the  (11) _____. I like books about 

(12) _____.

2



Complete Bobby's lines. Then look and write Vicky's answers.

Bobby: (1) _____ you _____ a shower when it's time for bed?

Vicky: (2) _____.

Bobby: (3) _____ your teeth?

Vicky: (4) _____.

Bobby: (5) _____ stories about monsters?

Vicky: (6) _____. I'm scared of monsters!

Bobby: I'm not (7) _____ monsters. They aren't real.

