

Paket

Sleep 9

„Features all major parts of the RS Exams, such as Listening, Reading, Writing, Interpreting and Mediation.“



Stempelkarte

English Listening, Mediation, Reading, Writing 9

AB:
Text-based tasks

1

AB:
Use of language

2

AB:
Creative writing 1

3

AB:
Creative writing 2

4

AB:
Skills and techniques 1

5

AB:
Skills and techniques 1.1

6

AB:
Skills and techniques 2

7

AB:
Listening

8



AB: Text-based tasks

English 9

1

Name LP

Name LB

Date



Picture made by David Clode

Sleep better thanks to good sleep hygiene

 **Read**

Sleep better - IKEA
Tips to improve your sleep hygiene



Part A - Text-based tasks

① Decide whether the statements are true, false or not in the text.

	true	false	not in the text
Sleep problems are not affecting our daily life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep hygiene includes several sleep improving routines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Slightly cool air will help you to fall asleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In case of insomnia, try to listen to meditative music such as ocean sounds.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exposure to blue light might benefit your circadian rhythm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Best is to ban your devices from your room before going to bed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

② Finish the sentences using the information given in the text.

- If you are thirsty before going to bed you should ...

- Your sleeping behaviour is influenced by ...

- Sleep hygiene includes ...



AB: Text-based tasks

English 9

1

③ Answer the questions in complete sentences.

- What should you do with your devices before going to bed?

Three horizontal grey bars for writing the answer.

- What are the sleep aid rituals mentioned in the text?

Four horizontal grey bars for writing the answer.

- Mention some facts that are disturbing your sleep

Two horizontal grey bars for writing the answer.

④ Ask questions. Use four different question forms.

You are meeting a sleep hygiene expert and have the chance to ask four questions about sleep and sleep problems. Write your questions down.

Eight horizontal lines for writing questions.





Part B - Use of language

① Find words or expressions in the text that mean more or less the same .

a) several

b) to regulate

② Find the opposites.

a) asleep

b) quiet

c) to improve

③ Explain the following words in complete sentences.

a) hygiene

b) ritual

- ① Write an email of about 120 words.

The sleep lab in Auckland, New Zealand is looking for a person with sleeping problems to help them. Describe your problems when falling asleep and tell them why you should be chosen.

Send the email with the subject 'Sleep lab application' to your teacher.

- ② Write a story about the following picture. Write about 100 words. Record your story and sent the audio file with the title 'Sleep' to your teacher.



Picture made by Jon Tyson

① **Pass on the information.**

Watch the YouTube video and answer the questions in German.

a) Nenne drei Dinge die man tun sollte, bevor man ins Bett geht.

b) Wie schnell kann man mit der Navy Schlafmethode einschlafen?

c) Beschreibe die Einschlafmethode der Navy.

d) Wann wirkt die Methode der Navy?

e) Was sollte man tun, wenn man einfach nicht einschlafen kann?



AsapSCIENCE

Can't fall asleep? These sleep tips are better than ASMR!



① **Pass on the information.**

Read the text and answer the questions in German.

a) Wie viel Stunden Schlaf pro Nacht sind optimal für Teenager?

b) In welcher Körperhaltung sollte man schlafen?

c) Was schützt gegen durch Schlafentzug bedingte Gedächtnisverluste?



**Read the text here:
'Seven healthy tips for a better
nights sleep'**





AB: Skills and techniques 2

English 9

7

① Interpreting

Your exchange partner from New Zealand will come to stay at your place. Inform him or her about your mother's concerns. You do not have to write complete sentences.

Sag ihm, dass er in unserem Gästezimmer schlafen wird. Dort werde ich aber manchmal auch Dinge aus dem Schrank holen.

Ich könnte euch morgens mit zur Schule nehmen. Frag ihn mal, ob er gerne Auto fährt oder ob er lieber Zug fahren möchte.





**Listen to the sleep story
,Sacred New Zealand' told by
Jerome Flynn**



① **Take notes to fill in the table.**

a) magical tree	
b) Lake Taupo	
c) Kaikoura beaches	



**Watch this fun Australian ad
,The Ultimate Mattress Test - Sleeping Duck'**

