

PREVIEW ACTIVITY 1

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Work with a partner, group, or your teacher. Do the activities below together.

PART 1

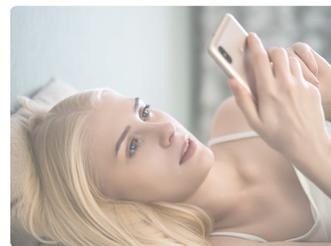
Discuss the following questions below about **mornings**.



- 1 Describe your morning routine. Would you say it's a healthy routine?
- 2 How different is your morning routine on weekdays compared to the weekend?
- 3 Would you consider yourself to be a "morning person"?

PART 2

Discuss whether you think the following things are good (**G**) or bad (**B**) habits right after waking up in the morning. Explain why.



- | G | B | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | 1 Checking your social media accounts or emails |
| <input type="radio"/> | <input type="radio"/> | 2 Hitting the snooze button on your alarm clock |
| <input type="radio"/> | <input type="radio"/> | 3 Going for a short walk or doing a quick workout |
| <input type="radio"/> | <input type="radio"/> | 4 Drinking coffee |
| <input type="radio"/> | <input type="radio"/> | 5 Making your bed |

PART 3

What do you know about the following **billionaires**? Try to name which company / companies they have founded, or what they are well-known for.



- | | | | |
|---|------------------------|---|----------------------|
| 1 | Mark Zuckerberg | 4 | Jack Dorsey |
| 2 | Elon Musk | 5 | Jeff Bezos |
| 3 | Bill Gates | 6 | Oprah Winfrey |

PART 4

Choose the correct **verb** that fits the definition of each phrase below. **One isn't used!**

keep | **get** | **make** | **stay**



- 1 If you **right to work** when you wake up, it means you start working immediately.
- 2 If you **something a priority**, it becomes one of the most important things in your life.
- 3 If you **true to** a brand, you buy or use the product / service of the brand often.



PREVIEW ACTIVITY 2

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PART 1

Choose the correct definition for the **vocabulary words** as used in the sentences.



1 *I really **value** spending time with my family on the weekends.*

value means...

- a. consider to be strange
- b. consider to be important
- c. consider to be polite

2 *Health experts say it's **critical** to sleep well and eat a good breakfast every day.*

critical means...

- a. very important or necessary
- b. very often or frequent
- c. very long or time-consuming

3 *Some people like to get up at 5 AM, but many others have no **desire** to do that.*

desire means...

- a. a feeling of success
- b. a feeling of worry
- c. a feeling of wanting

4 *Some people eat **pretty much** the same thing for breakfast every day.*

pretty much means...

- a. immediately when
- b. with much difficulty
- c. almost completely

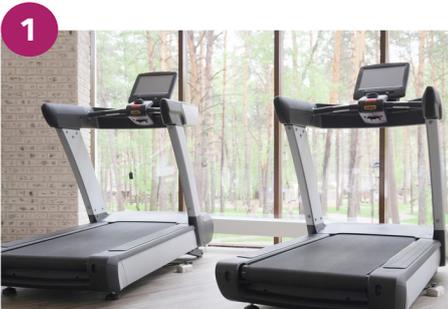
5 *I never drink coffee in the morning. **Instead**, I prefer to drink tea.*

instead means...

- a. as an alternative
- b. as a result
- c. as an example

PART 2

Write the missing endings for the compound words you see in the images below.



tread.....



back.....



work.....

HOW 9 BILLIONAIRES START THEIR MORNING



PREVIEW DISCUSSION: Read the discussion topic below and discuss it with your partner or teacher.

Do you use an alarm clock to wake up every day or do you wake up naturally?



VIEWING ACTIVITY

PART 1

Discuss and/or write what Oprah Winfrey's and Elon Musk's morning routines are like.

- 0:04 **1** Oprah Winfrey:
- 0:32 **2** Elon Musk:

PART 2

Finish each sentence below with the information that was given in the video.

- 1:26 **1** Jeff Bezos wakes up naturally without... ..
- 1:44 **2** Bill Gates starts his day with... ..
- 2:32 **3** The first thing Mark Zuckerberg does is... ..

PART 3

The reporter says that Jeff Bezos holds "high IQ meetings" in the mornings before lunch, around 10 AM. What do you think **high IQ meetings** are?



- a. mentally challenging meetings
- b. casual or easygoing meetings
- c. orderly or structured meetings



PART 4

Discuss: At what time of the day do you feel that you're most productive?

POST-VIEWING ACTIVITY 1

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PART 1

Write the **adverb phrase** that the reporter says about Mark Zuckerberg's outfit.



He wears *the same outfit every day.*"



PART 2

Choose the correct **noun** that fits each sentence below. **One isn't used!**

brand | **priority** | **value** | **business** | **desire**



- 1 Elon Musk usually gets right to after waking up.
- 2 Jeff Bezos really values his sleep. He makes it a to get a full 8 hours of sleep per night.
- 3 Warren Buffet says he likes to sleep, and has no to get to work at 4 AM.
- 4 Mark Zuckerberg stays true to his The first thing he does every day is check his phone and Facebook in bed.



PART 3

Write the first part of each **compound noun** used in the sentences below.



- 1 Oprah meditates every morning followed by a **out** on the hills of her **yard**.
- 2 Bill Gates runs every morning on his **mill**.

PART 4

Write a second sentence starting with the adverb "**Instead, ...**" which fits the context of the first sentence. (We use **Instead, ...** to express an alternative.)

- EX** Sarah doesn't drink coffee. *Instead, she drinks a healthy smoothie.*
- 1 I never watch TV in the evening.
 - 2 I don't like running on treadmills.
 - 3 My wife doesn't drive to work.

POST-VIEWING ACTIVITY 2

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PART 1

Study the usage and examples of **indirect** and **direct speech**.

In the video, the reporter says the following about Warren Buffet's morning routine...



“ Warren Buffet likes to sleep. **He says he usually sleeps** a full 8 hours a night.”

Indirect speech is when we report what someone says without quoting them exactly. Direct speech is when we report the exact or original words that someone says. See the sentence about Warren Buffet in both types of speech:

WARREN BUFFET'S DIRECT SPEECH:

“I usually sleep a full 8 hours a night.”

INDIRECT SPEECH:

He says he usually sleeps a full 8 hours a night.

PART 2

Report each sentence from the people below using indirect speech.

EX Jack Dorsey:

“I get out of bed at 5 AM.”

.....*Jack Dorsey says he gets out of bed at 5 AM.*.....

1 Jeff Bezos:

“I make it a priority to get 8 hours of sleep per night.”

2 Oprah Winfrey:

“The first thing I do is brush my teeth.”

3 Mark Zuckerberg:

“I don't like wasting time on small decisions.”

4 Mark Zuckerberg:

“The first thing I do is check my phone in bed.”

5 Sarah Blakely:

“I've never had a cup of coffee.”

6 Anastasia Soare:

“I reach for my phone when I wake up.”

POST-VIEWING ACTIVITY 3

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SPEAKING TASK 1:



Your teacher will choose a few of the speaking topics below to discuss. Discuss the topics with your teacher or partner. In your discussion, explain your ideas in detail.

- 1 How much of a priority is it for you to get a full 8 hours of sleep per night like Jeff Bezos?
-



- 2 Do you think it's better to read news stories in the morning or read a book?
-



- 3 Mark Zuckerberg says he doesn't like wasting time on small decisions, like which outfit to wear each day. Do you agree that this is a "small decision"?
-



- 4 Describe what you usually eat for breakfast, as well as what your coffee drinking habits are like in the morning.
-



- 5 What do you think would be the pros and cons of being a billionaire?
-



SPEAKING TASK 2:



Below are some more things people do as part of their morning routine. Discuss why you think each thing might be good for you. Do you already do any of these things?

- 1 Get some natural sunlight.
- 2 Remember your dreams and write about them.
- 3 Do something social or spend quality time with a friend.
- 4 Take a cold shower.
- 5 Think about or write down three things you are **grateful for**.
grateful for = thankful for



QUIZ & REVIEW ACTIVITY



Work with a partner. Complete the quiz and review activities below.

PART 1

Questions. Discuss what you remember about each person's morning routine.

- | | | | |
|---|----------------------|---|------------------------|
| 1 | Oprah Winfrey | 4 | Jeff Bezos |
| 2 | Elon Musk | 5 | Mark Zuckerberg |
| 3 | Bill Gates | | |

PART 2

Vocabulary: Explain and/or write what each phrase means below.

1. **get right to work**
2. **make something a priority**
3. **stay true to a brand**

PART 3

Vocabulary: Write the missing words in the spaces below.

- 1 Bill Gates runs every morning on his
- 2 Warren Buffet says he likes to sleep, and has no to get to work at 4 AM.
- 3 Mark Zuckerberg wears much the same outfit everyday.
- 4 Sarah Blakely doesn't drink coffee. , she makes a healthy smoothie in the morning.

PART 4

Grammar: Ask another student or your teacher two things they do during their morning routine. Write and report what he/she says using both direct and indirect speech.

- EX Direct Speech:** "I hit the snooze button on my alarm clock."
- Indirect Speech:** My teacher says he hits the snooze button on his alarm clock.
- 1 **Direct Speech:**
- Indirect Speech:**
- 2 **Direct Speech:**
- Indirect Speech:**