

# The way you sleep

Designed by Erica Long

Based on New Welcome to English 6A, Unit 3

## Teacher's Notes



**Theme:** Personalities



**Reading task:**

Charlie is reading a magazine article about sleep positions and their relationship with personalities. Students need to read the article and complete the crossword puzzle. After that, they need to match the pictures with the descriptions given in the article.



**Possible new vocabulary:**

- Personalities: the type of person you are, which is shown by the way you behave, feel and think
- Identify: to recognize a problem, need, fact, etc. and to show that it exists
- Fetus: a young human being or animal before birth
- Log: a thick piece of tree trunk or branch
- Sociable: describes someone who likes to meet and spend time with other people
- Suspicious: feeling lack of trust or doubt in someone or something
- Reserved: describes someone who doesn't like to show ones feelings or thoughts
- Free fall: when something or someone falls quickly under the influence of gravity
- Criticism: give opinion or judgment about the good or bad qualities of something or someone



**Language spotlight:**

- Simple Past tense: believed, could, said, identified, studied, needed
- Adjectives about personalities: strong, shy, sensitive, sociable, suspicious, quiet, reserved, brave, generous, friendly



**Classroom Procedure:**

### Pre-reading activity

1. Show the pictures of six sleep positions to the students. Ask them questions about the sleep positions, e.g. *Which of these shows your sleep position?* and ask them to share the answers with their classmates.
2. Ask the class to guess the names of different sleep positions, e.g. *What do you think these sleep positions called?* Write down their guesses on the board and ask them to find the answers in the reading text.
3. Pre-teach the new vocabulary to the students.
4. Explain the tasks to the students. Ask them to read the text carefully and use the information to complete the tasks.

### Post-reading activity

1. Check the answers with the students after they have completed the tasks.
2. Conduct a survey on "The most common sleep position in class" and ask students whether the descriptions on their personalities fit them or not.



Charlie is reading an article from the "*National Geographic Kids Magazine*" about sleep positions and personalities. Use the information to complete the tasks in the next page.

## The Way You Sleep Tells You Something



If you want know somebody's true personality, then try to look at the way they sleep.

According to a new study, scientists believed that your favorite sleep position could tell you something about your personality.

After interviewing a thousand volunteers, a scientist in London said that he has identified six common categories of sleep positions and what they tell about the sleepers.

The following are the six positions being studied, see if you fit into any of these:



**The Fetus (40%):** Those who sleep with themselves curl up are strong outside, but shy and sensitive inside. This was the most common sleep position among the participants of the study.



**Log (15%):** Lying on your side with both arms stick to your side. These sleepers are sociable people who like to have a lot of friends. However, they may trust strangers easily.



**The Yearner (13%):** Lying on your side with both arms out in front. Sleepers in this position have open natures but could be suspicious. They are slow to make up their minds, but once they have made a decision, they are unlikely to change it.



**Soldier (8%):** Lying on your back with both arms stick to your sides. People who sleep in this position are quiet and reserved. They set high standards for themselves and others.



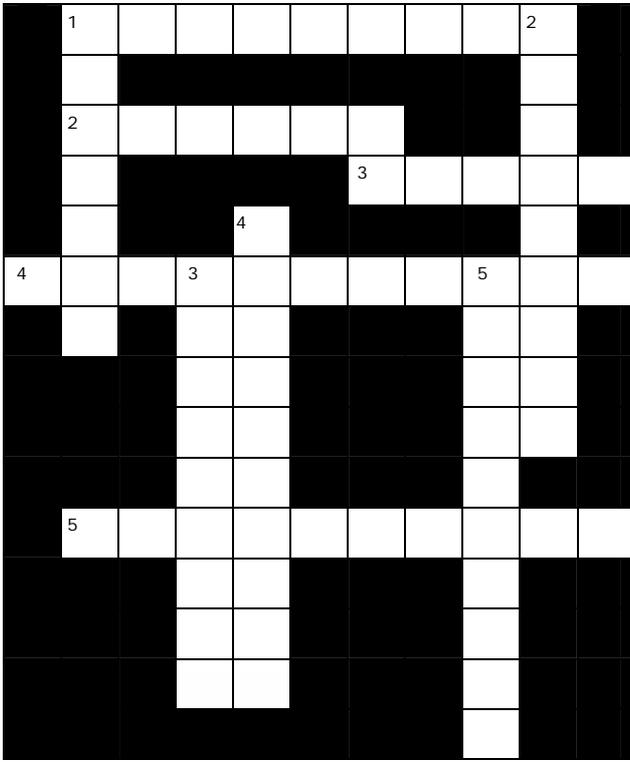
**Free fall (7%):** Lying on your front with your hands around the pillow, and your head turn to one side. Sleepers in free fall position are brave and generous, but they don't like criticism.



**Starfish (5%):** Lying on your back with both arms up around the pillow. People who sleep in the starfish position are good listeners who make friends easily. They are friendly and always offer help when needed.

## Read and Write 1

Charlie is sharing the magazine article with his mother. Read their conversation on the left and complete the crossword puzzle below.



**Charlie:** Mum, a study has been carried out to explore the relationship between sleep position and one's Horizontal 4.

**Mum:** Oh! Really? What did they discover?

**Charlie:** Vertical 2 believed that people's sleep positions can tell their personalities. And a thousand Vertical 4 have participated in the study.

**Mum:** I see. So, did the scientist say anything in the study?

**Charlie:** Yes, he said that he has Vertical 5 six common Horizontal 5 of sleep positions. Let me tell you something about them: People who sleep in Fetus position are shy and Vertical 3 inside. Log sleepers trust Horizontal 1 easily. Yearner sleepers are sometimes suspicious. People who sleep in Vertical 1 position are Horizontal 3 and reserved. People who sleep in Free fall position are generous. Starfish sleepers make friends easily and they like to Horizontal 2 to others.

**Mum:** That's very interesting. Which sleep position do you belong to? .....

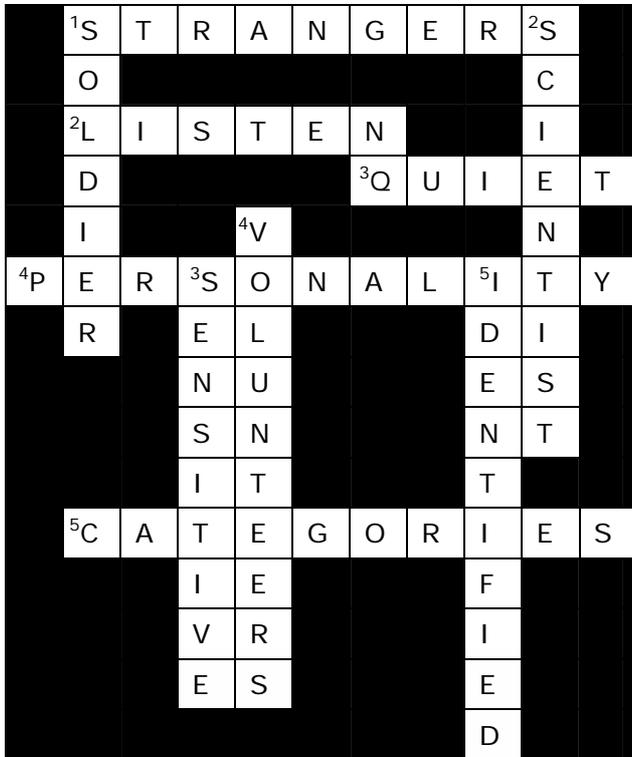
## Read and Write 2

The scientist has identified six common sleep positions. Look at the pictures below and match the names of the sleep positions with the descriptions in the article.



## Read and Write 1 (Answers)

Charlie is sharing the magazine article with his mother. Read their conversation on the left and complete the crossword puzzle below.



**Charlie:** Mum, a study has been carried out to explore the relationship between sleep position and one's personality.

**Mum:** Oh! Really? What did they discover?

**Charlie:** Scientist believed that people's sleep positions can tell their personalities. And a thousand volunteers have participated in the study.

**Mum:** I see. So, did the scientist say anything in the study?

**Charlie:** Yes, he said that he has identified six common categories of sleep positions. Let me tell you something about them: People who sleep in Fetus position are shy and sensitive inside. Log sleepers trust strangers easily. Yearner sleepers are sometimes suspicious. People who sleep in Soldier position are quiet and reserved. People who sleep in Free fall position are generous. Starfish sleepers make friends easily and they like to listen to others.

**Mum:** That's very interesting. Which sleep position do you belong to? .....

## Read and Write 2 (Answers)

The scientist has identified six common sleep positions. Look at the pictures below and match the names of the sleep positions with the descriptions in the article.



Freefall



Starfish



Log



The Yearner



The Fetus



Soldier