

16 Question Strips

SLEEP and DREAMS



- What time did you go to bed last night?
- What time did you get up this morning?
- How many hours of sleep do you need each night?
- Do you enjoy sleeping? Why? / Why not?
- Do you ever snore?
- Do you ever read in bed at night? Why? / Why not?
- Do you keep your phone by your bed at night? Why? / Why not?
- Do you ever go to bed before nine o'clock? Why? / Why not?
- Is it ever a good idea to stay awake 48 hours? Why? / Why not?
- Do you ever go to bed after midnight? Why? / Why not?
- How many hours a night should most people sleep? Why?
- Tell me about a dream that you had.
- Who in your classroom do you think is the most tired? Why?
- Which is better: being awake or being asleep? Why?
- Tell me about a nightmare that you had.
- Do you ever have trouble falling asleep? Why?

Aim Speaking Practice

Level Intermediate to Advanced

- **As a Seated Activity**

Have your students seated in pairs or in groups of three.

Lay the sixteen cut-up questions – face-down – between the students.

Students take turns randomly selecting questions to ask their partner(s). Encourage follow-up questions.

Be sure to set a time frame for your students (try starting with 10 – 15 minutes for 16 questions; you may want to adjust this in later classes). Monitor and assist.

- **As a Standing Activity 1**

Have all your students stand up.

Give one question strip to each student.

Students find a partner and ask their question. Encourage follow-up questions.

After the students have asked each other their questions, have them exchange question strips and find new partners and continue.

Set a time frame as above. Monitor and assist.

- **As a Standing Activity 2**

This activity runs exactly the same as in 'Standing Activity 1' except that students first have about a minute to memorize their question (before placing it in their pocket – it can be used as a prompt if needed).

After each short conversation, students 'mentally exchange' their questions – they must help each other memorize their new questions before setting off to find a new partner.

This activity version is a little challenging, but also lots of fun – and it's great to see all the learning that takes place!

Set a time frame as above. Monitor and assist.