Good Morning!

ESOL Online AM

Week 29 - Day 85 - TUESDAY- 4-11-2023 SP
April 11, 2023

Worcester
Adult Learning Center

Things you will do in class

Write

Read

Speak

Listen

CLASS VALUES

- Be respectful
- Be kind
- Be on time
- Be helpful

SCHOOL RULES

Attendance
No more than 2 unexcused missed classes a month

2 late arrivals of 15 minutes or more will equal 1 absence

Send a message to the teacher if you can not come to class.

Participation
*Please keep your video on during class. Cameras must be on for Conversation Practice.

When Do We meet as a Class?

Worcester Public Schools calendar
(Holidays and Vacation weeks are the same)

But... we do have class on Delayed Start or Snow Days, because we are on zoom.

Tuesday, Wednesday, Thursday

January 3 - 2nd week in June

- Class start time: 9:00 AM
  - BREAK: 10:00 - 10:20 AM
- Class end time: 11:30 AM

NO SCHOOL

Homework: 11:00 - 12:00 NOON

& Lifestyle

Standards – for this week

Listening and Speaking

- L/S3B.5b. Recognize and use increasingly complex phrases, and independent and dependent clauses.

Reading

- R3C.2a. Understand the differences in meaning between simple present and present continuous tense.
- R3C.3a. Understand the differences in meaning of the present, present continuous, future, and past tenses.
- R1A.4a. Read and comprehend a range of authentic or level-adapted multi-paragraph informational texts, such as: nutrition labels

Writing

- W3C.2a. Show knowledge of simple learned patterns to create subject-predicate statements (e.g., affirmative sentences, formulaic questions) that include basic elements of grammar, such as: present progressive tense
- W3C.3a. Show knowledge of basic grammar to construct simple sentences (including negative sentences and questions), such as: common irregular past tense verbs, negation of continuous and perfect tenses
- W3B.4d. Use common phrasal verbs (e.g., look for, go away, give in).
- W3B.4b. Use expanded vocabulary that includes abstract nouns (e.g. community, luck, diversity) and some common idiomatic expressions (e.g., take care of, count on).
- W3C.5a. Construct text of coherently linked simple, compound, and complex sentences that include more complex grammar structures, such as: verb tenses to convey times, sequences, states, and conditions

Objectives – At the completion of this week's lessons students will be able to:

Journal Writing

- Write sentences using new health vocabulary.
- Write sentences using present and present continuous.

Listening / Speaking

- Pronounce the Sh sound.
- Use present continuous in sentences.
- Interpret health conversations/dialogs.
- Role play a visit to the doctor's office.

Reading

- Read ATM Receipts - review / Read nutrition labels.
- Demonstrate an understanding of the text by answering questions and in discussion.

Conversation Practice

- Describe pictures using present and present continuous properly.
- Give and receive feedback about your journal.
- Discuss health issues using new vocabulary.

Materials – for this week

- Journals

- Health (elli)
- Simple Present and Present Progressive (ellii)
- Past Progressive *time permitting

- Slides
- Videos

*See Resources slide for links

Resources

Health & Lifestyle

- World Health Day (WHO)
- 5 Pillars of Health
  - Sleep, Nutrition, Exercises/Physical, Mind/Emotional, Social/Community
- Activities to improve Sleep
- What Happened? (ellii)
- The Body - flashcards (ellii) / Illness and Injury - flashcards (ellii)
- Allergies and Climate Change https://www.health.harvard.edu/
- Going to the Doctor (ellii)
- Going to a Walk-in-Clinic (ellii)
- Health Labels and Warnings (ellii)
- Top 10 Foods
- Going to the Pharmacy (ellii)
- Useful Home Remedies (ellii)
- Waking Breaks counteract the effects of sitting (Harvard.edu) / Benefits of Walking
- Calling 911 (ellii)
- Health and Body - Role Plays (ellii)
- Creative ways to support your Brain
- Listening Activities - TBD (ello)

Resources

Mini Lessons

- Read a Receipt (ATM receipts, ellii and LiveWorksheets)
- Reading Nutrition Labels (EasyTeacherWorksheets.com, www.foodeducate.com)
- Punctuation marks
- Idioms - Determine the meaning of idioms (IXL Learning) https://www.ixl.com/ela/grade-4/determine-the-meaning-of-idioms-from-context-set-1
- Phrasal Verbs (tik tok, English with Kayla)https://www.tiktok.com/@englishwithkayla/video/7210008397884722475/ /Grocery Store words https://docs.google.com/presentation/d/1xjyq2BfauBibWVpU4HuMvvTxzKSuVx12Z3-i1wqOc6M/edit#slide=id.g21b2557f821_0_128
- Tongue Twisters - Sh sound (multiple sources)

AGENDA (What we will do This Week)

- ❑ Health & Lifestyle
  - ❑ News & Housekeeping
  - ❑ Journal Writing – Present Continuous
    - ❑ Listening/Speaking – Present Continuous
  - ❑ Idiom of the day/Phrasal Verbs/Tongue Twister – Sh sound*
  - ❑ Reading a Receipt – review / Read a Nutrition Label
  - ❑ Health
    - ❑ Body Parts – flashcards – review
    - ❑ Illness & Injury – flashcards
  - ❑ Conversation Practice – Present Continuous*

*time permitting

* Click on the link in your Remind message to rejoin our Zoom class.

Questions?

Worcester Adult Learning Center

NEWS

Questions?

Write

Today's date is _____ . Today's weather is _____ .

Day, Month Date, Year

Journal Writing

Please write complete sentences (S V O)

1. Tell me about this picture.

	Present	Past	Future
I	am	was	will
He/She/It	is	was	will
You/We/They	are	were	will

Present Continuous

I	am	verb-ing
He/She/It	is	verb-ing
You/We/They	are	verb-ing

Present tense

- **Be** verbs
  - Am
  - Is
  - Are

PAST	PRESENT	PRESENT CONTINUOUS	FUTURE
Yesterday /was were	Today / am is are	am is are + verb-ing	Tomorrow / will be

Speak

1. Tell me about this picture.

	Present	Past	Future
I	am	was	will
He/She/It	is	was	will
You/We/They	are	were	will

Present Continuous

I	am	verb-ing
He/She/It	is	verb-ing
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Write

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Day, Month Date, Year

Today's weather is _____ .

Journal Writing

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I	am	verb-ing
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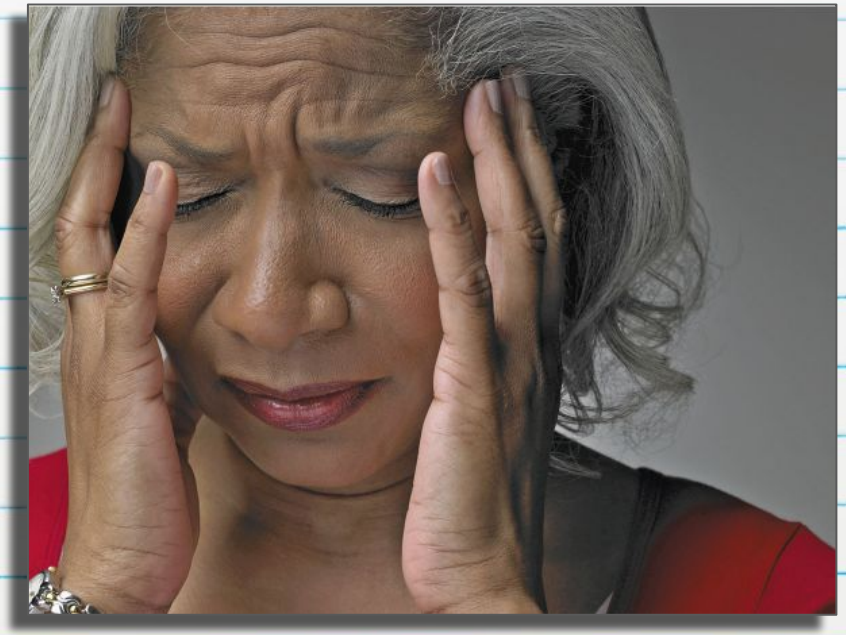

Present tense

- Be verbs

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Speak

1. Tell me about this picture.

	Present	Past	Future
I	am	was	will
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You/We/They	are	were	will

Present Continuous

I	am	verb-ing
He/She/It	is	verb-ing
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PAST	PRESENT	PRESENT CONTINUOUS	FUTURE
Yesterday /was were	Today / am is are	am is are + verb-ing	Tomorrow / will be

Write

Today's date is _____ . Today's weather is _____ .

Day, Month Date, Year

Journal Writing

Please write complete sentences (S V O)

1. What are they doing in the picture?

	Present	Past	Future
I	am	was	will
He/She/It	is	was	will
You/We/They	are	were	will

Present Continuous

I	am	verb-ing
He/She/It	is	verb-ing
You/We/They	are	verb-ing

Present tense

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Speak

1. What are they doing in the picture?

	Present	Past	Future
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You/We/They	are	were	will

Present Continuous

I	am	verb-ing
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Present tense

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PAST	PRESENT	PRESENT CONTINUOUS	FUTURE
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Questions?

Reading Receipts

LiveWorksheets

Old Navy
999 Upper Wentworth St , Hamilton
(905) 318-4506

06/13/20 9:55
****

shorts 17.70
socks 9.30

SUBTOTAL 27.00
HST 13% 3.51
TOTAL 30.51

Debit

1) What is the name of the store?
2) When did she buy the items?
3) What did she buy?
4) How much was the sales tax?
5) How much was the total?
6) How did she pay?

ATM Receipts

ellii

Real-World Reading

Low Int Teens & Adults

In this resource, students learn vocabulary related to using a bank machine. They read three ATM receipts and answer comprehension questions. Includes an assessment task.

Reading Nutrition Labels

Nutrition Facts

8 servings per container

Serving size 1 cup (55g)

Amount per 1 cup

Calories 500

% DV*	
12%	**Total Fat** 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	**Cholesterol** 0mg
7%	**Sodium** 160mg
12%	**Total Carbs** 37g
14%	Dietary Fiber 4g
	Sugars 41g
	Added Sugars 10g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Reading Nutrition Labels

Nutrition Facts

Serving Size 1 pastry (52g)
Serving Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 45
	% Daily Values*
Total Fat 5g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 0g	**0%**
Sugars 16g	
Protein 2g	**4%**

Vitamin A 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Questions?

Listen and Speak – Sh sound

Tongue Twister

She sells seashells by the seashore.

Tongue Twister

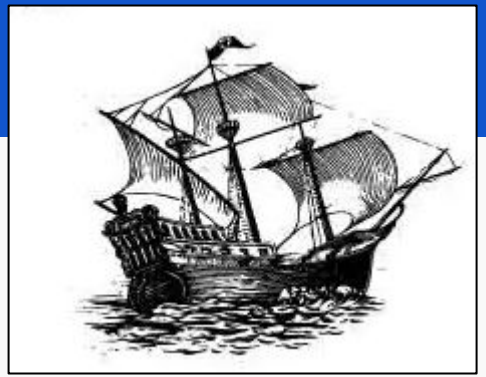
I saw Susie sitting in a shoeshine shop. Where she sits she shines, and where she shines she sits.

Tongue Twister

I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.

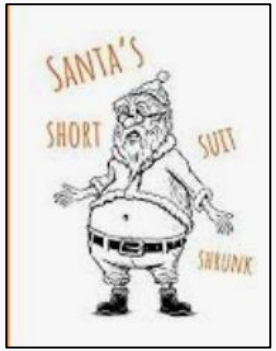
Tongue Twister

Sure, sir, the ship's sure shipshape, sir.



Tongue Twister

Santa's short suit shrunk.



Questions?

Idiom of the day

Which picture shows the meaning of *has butterflies in his stomach* as it is used below?

Pablo is about to speak in front of a big group. He's never done it before. So, he **has butterflies in his stomach**.

Idiom of the day

If something is said to be '**the tip of the iceberg**', it means that something is <u>only a small part of a much bigger situation</u>. This idiom comes from the fact that only the tip of an iceberg can be seen and the rest of the iceberg, which is much larger, is underneath the water and cannot be seen.

Cultural Iceberg – video

Idiom of the day

The Cultural Iceberg (Intercultural English - video, 12:24 min.)

Questions?

& Lifestyle

Health

World Health Organization

Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.

World Health Organization

Health

The 5 Pillars of health
Sleep
Nutrition
Exercises
Mind / Emotions
Community / Relationship
PhysioPoint

Health

Activities to improving sleep

- Change what you eat or drink
- Plan your activities
- Make your bed a place of sleep
- Relax before you go to bed

ellii

What Happened?

Basic Grammar Sentences

Beg – Low Int All ages

The aim of this lesson is for students to learn how to express basic injuries using the simple past tense.

Health – The Body

cheek

chest

chin

Health – Illness & Injury

cold

congested

cough

Health

DISEASES & CONDITIONS

Save the trees, prevent the sneeze

If it seems like your seasonal allergies are worse than they used to be, you aren't imagining it, and you aren't alone. Climate change has caused a longer pollen season, and plants are producing more pollen that is more potent.

READ ARTICLE →

Health

Going to the Doctor

Everyday Dialogues

Low Int Teens & Adults

Mr. Perez has a sore throat. Do your students know how to describe their symptoms? Students learn important vocabulary and expressions required for seeking medical attention.

HEALTH

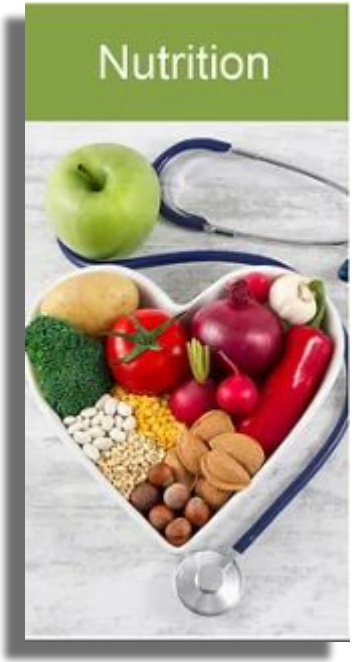
Going to a Walk-In Clinic

Everyday Dialogues

Low Int – Int Teens & Adults

In this lesson, students learn and practice using vocabulary and expressions related to walk-in clinics. They have a group discussion and practice writing their own dialogues and answering questions.

Health



Health Labels and Warnings

Real-World Reading

Low Int Teens & Adults

In this Real-World Reading resource, students practice reading short labels and warnings that relate to health, including food and prescription labels.

Health

Going to the Pharmacy

Everyday Dialogues

Low Int Teens & Adults

A customer talks to a pharmacist about a new prescription. Students learn vocabulary related to side effects and warnings.

Health

PHYSICAL	MENTAL
Better health	Reduce anxiety & depression
Improved quality of life	Reduce & prevent stress
Stronger bones & muscles	Increase cognitive functioning
Fight off illness better	Feeling more energetic
Weight control	Sleep better
Improved fitness	Relaxation

SOCIAL	EMOTIONAL
Social integration	Self confidence
Build new friendships	Increase feeling of self-worth
Strengthen relationships	Increase feelings of happiness
Increase family time	Increase feelings of success
Meet new people	Positive mood & affect
Build social skills	Lower tension

Health

Walking breaks counter the effects of sitting

Health

Exercises

BENEFITS OF
WALKING EVERYDAY
Improve Glucose Tolerance
Prevent Early Dementai
Prevent Heat Diseases
Improve Glucose Tolerance
Improve Digestion
Boosts Immune Pain
Relieve Back Pain
Eases Joint Pain

Health

Useful Home Remedies

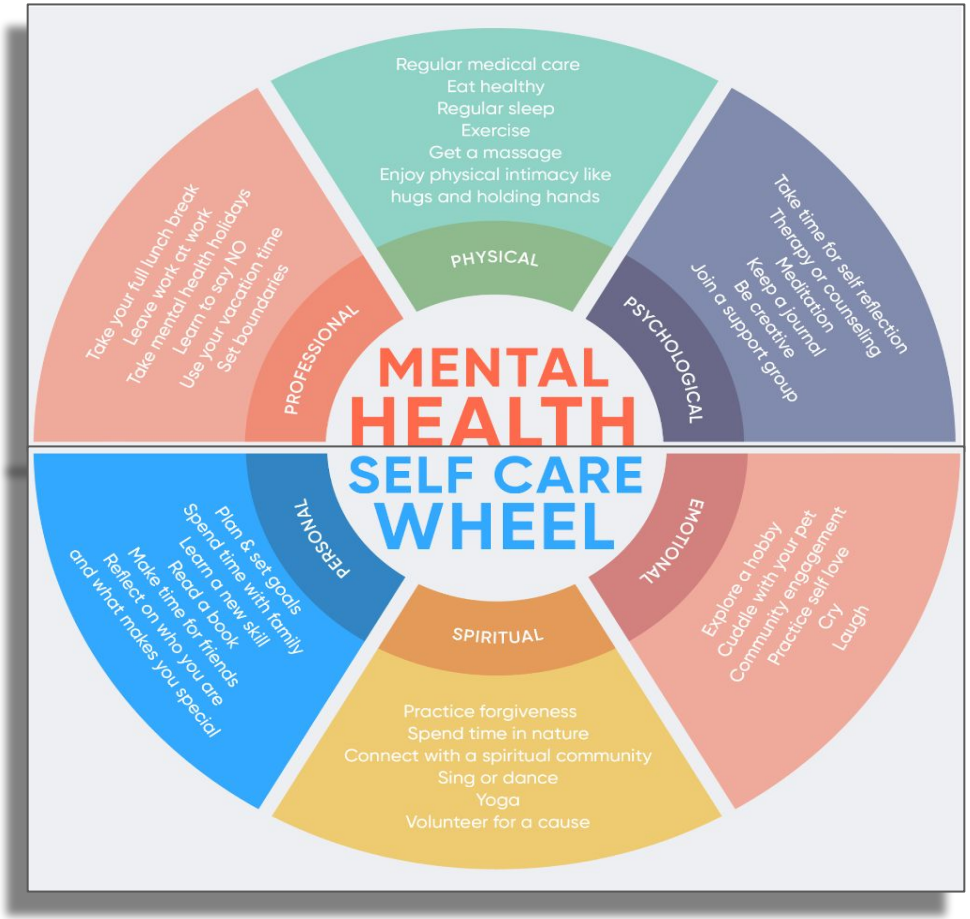
That's News to Me

Adv Teens & Adults

In this digital-only lesson featuring content from The Washington Post, students read about home remedies for different health issues that researchers have found effective. This lesson includes comprehension and discussion questions.

Health

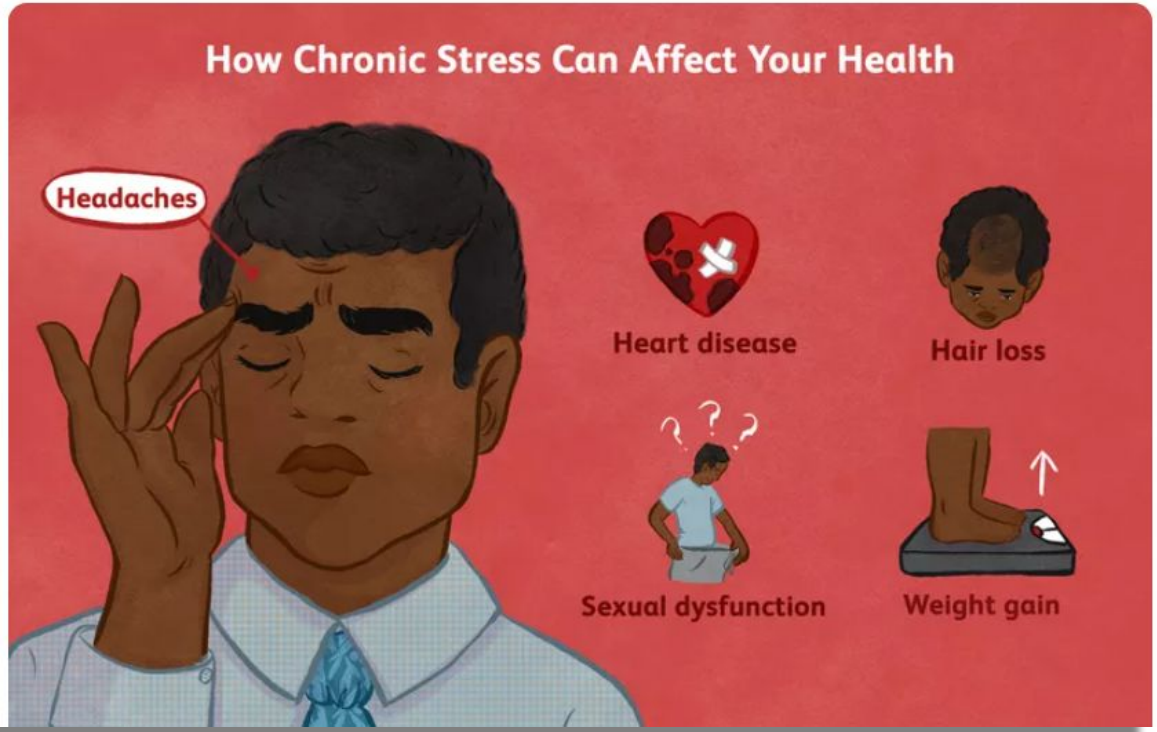
Health



https://www.betterup.com/blog/emotional-health-examples

Health

Mind /
Emotions


How Chronic Stress Can Affect Your Health
Headaches
Heart disease
Hair loss
Sexual dysfunction
Weight gain

Health

Watch Now: 5 Ways Stress Can Cause Weight Gain

Health

Mind /
Emotions

HOW TO DEAL WITH
STRESS AND ANXIETY
MIND
Accept that you cannot control everything.
Put your stress in perspective: is it really as bad as you think?
Do your best.
Instead of alming for perfection, which isn't possible, be proud of however close you get.
Maintain a positive attitude.
Make an effort to replace negative thoughts with positive thoughts.
Learn what triggers your anxiety.
Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

Health

Creative Ways to Support Your Brain

ellii

Calling 911

Everyday Dialogues

Int – High Int Teens & Adults

A person calls 911 in an emergency situation. The dispatcher sends help and instructs the caller how to perform simple CPR. Useful expressions are included.

ellii

Health & Body

Role-Plays

Int – Adv Teens & Adults

Use these ready-made scenarios to practice everyday English in a variety of settings related to health and the body. Useful expressions are provided.

Health

PHYSICAL	MENTAL
Better health	Reduce anxiety & depression
Improved quality of life	Reduce & prevent stress
Stronger bones & muscles	Increase cognitive functioning
Fight off illness better	Feeling more energetic
Weight control	Sleep better
Improved fitness	Relaxation

SOCIAL	EMOTIONAL
Social integration	Self confidence
Build new friendships	Increase feeling of self-worth
Strengthen relationships	Increase feelings of happiness
Increase family time	Increase feelings of success
Meet new people	Positive mood & affect
Build social skills	Lower tension

Questions?

Punctuation Marks

,	.	?	!	...	:
comma	period	question mark	exclamation mark	ellipsis	colon

Grammar – Present Progressive

ellii

Present Progressive Stories

Grammar Stories

Low Int Teens & Adults

In this lesson, students read three stories that use the present progressive in context. Students answer comprehension questions and write two paragraphs of their own using the target tense.

Grammar – Present Progressive

ellii

Present Progressive

Grammar Practice Worksheets

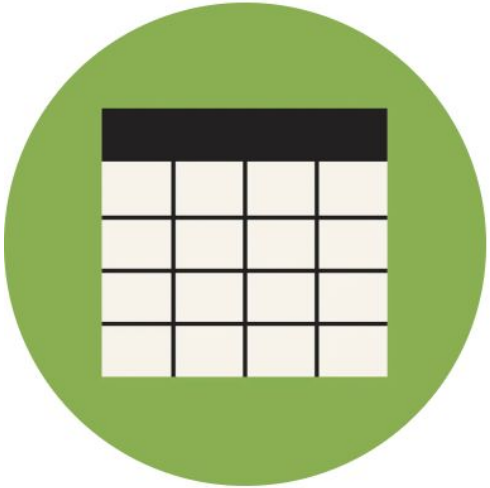
Beg – Low Int Teens & Adults

In this lesson, students learn the patterns and usage of the present progressive tense. They practice forming affirmative and negative sentences as well as questions.

Grammar – Present Progressive – review

ellii

Simple Present or Present Progressive?



Grammar & Usage

All levels All ages

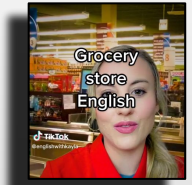
Using time markers in context, students practice recognizing when to use the simple present and present progressive verb tenses.

Questions?

Breakout Rooms

Conversation Practice

Take turns practicing a conversation



Practice Grocery Store English

Student A	Student B
Cashier: Hi. Did you find everything you were looking for?	**Customer**: Yes. Thank you.
Cashier: Would you like paper or plastic?	**Customer**: I brought this reusable bag.
Cashier: Great, a reusable bag.	**Customer**: Yes, reusable.
Cashier: That comes to $102.20.	**Customer**: Thank you.
Cashier: Cash or Credit?	**Customer:** Cash.
Cashier: Would you like to round up and donate to charity?	**Customer**: What does 'round up' mean?
Cashier: To round up means to take your change to the nearest dollar and we donate that amount of money to charity.	**Customer**: No thanks. Not today, thank you.
Cashier: Okay. Have a good day!	**Customer**: Thank you. You too!

Breakout Rooms

Conversation Practice

Take turns practicing a conversation

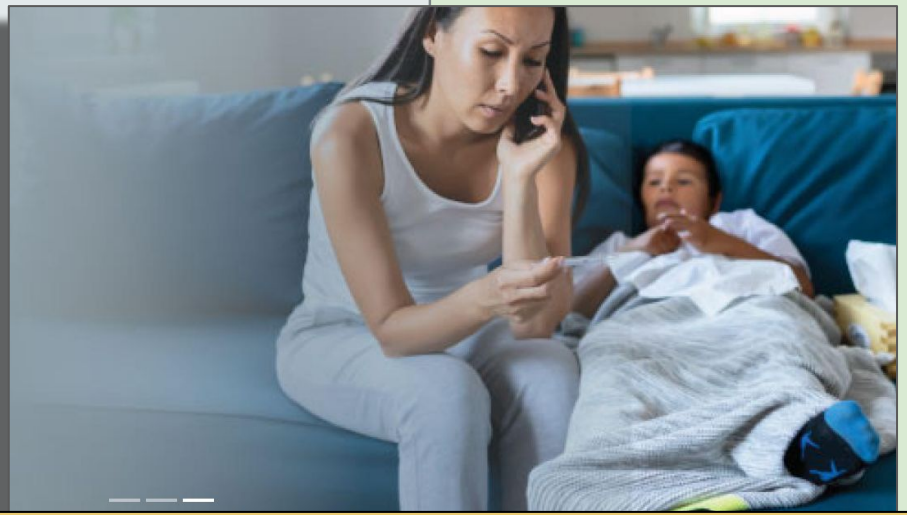
Student A

Practice using present continuous verbs

Student B

1. What's happening in the picture?

1. What's happening in the picture?



PAST	PRESENT	PRESENT CONTINUOUS	FUTURE
Yesterday /was were	Today / am is are	am is are + verb-ing	Tomorrow / will be

Breakout Rooms

Conversation Practice

Take turns practicing a conversation

Practice using present continuous verbs

Student A

1. What's happening in the picture?

Student B

1. What's happening in the picture?

PAST	PRESENT	PRESENT CONTINUOUS	FUTURE
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Breakout Rooms

Conversation Practice

Take turns practicing a conversation

Practice using present continuous verbs

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1. What's happening in the picture?

Student B

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Breakout Rooms

Conversation Practice

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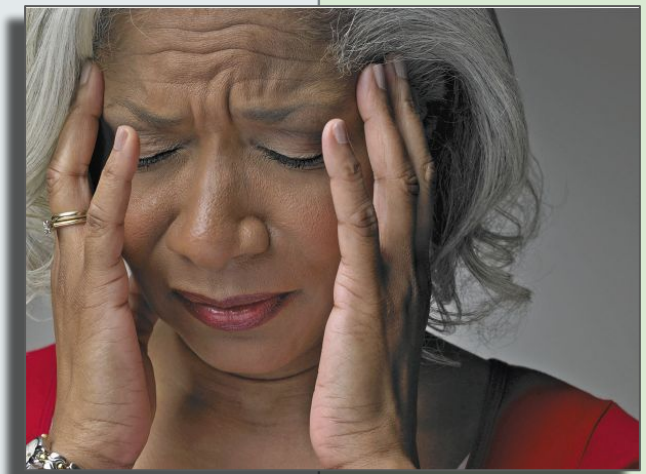

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Questions?

HOMEWORK

- Download a **language app** (practice English 20 minutes every day).
- Send your **journal responses** to the teacher (text, email, Remind).
- Check **ellii** for assignments.

- **New Students**
  - Complete an **Intake Form**, a **Consent Form**, and **Pre-Testing**
  - Review **worc-alc.org** (Class Page and Student Resources)

Questions?

Practice speaking English every day!

See you NEXT CLASS!

Click on ....

Leave Meeting

Extra Slides

What app are you using?

Download a Language app

Awabe	Hello Talk	Memrise
Busuu	Lingbe	YouTube • English with Anna • Teacher Alisha • Teacher Keith • Teacher Rebecca • Teacher Tiffany • Films in English
Duolingo	Learn English Daily	
FluentU (online/$)	Lyrics Training (songs)	
Hello English	Mango	

Practice speaking English 20 minutes every day.

Updated 9-13-22

IMPORTANT INFORMATION

Worcester Adult Learning Center

Phone: 508-799-3090
508-799-3091

Zoom

Meeting ID: 496 900 0061

Password: 4sU7GC

Teacher Marianne

Phone & Text: 774-551-6381

Crystal: Student Advisor

Respond to REMIND.

Office hours:

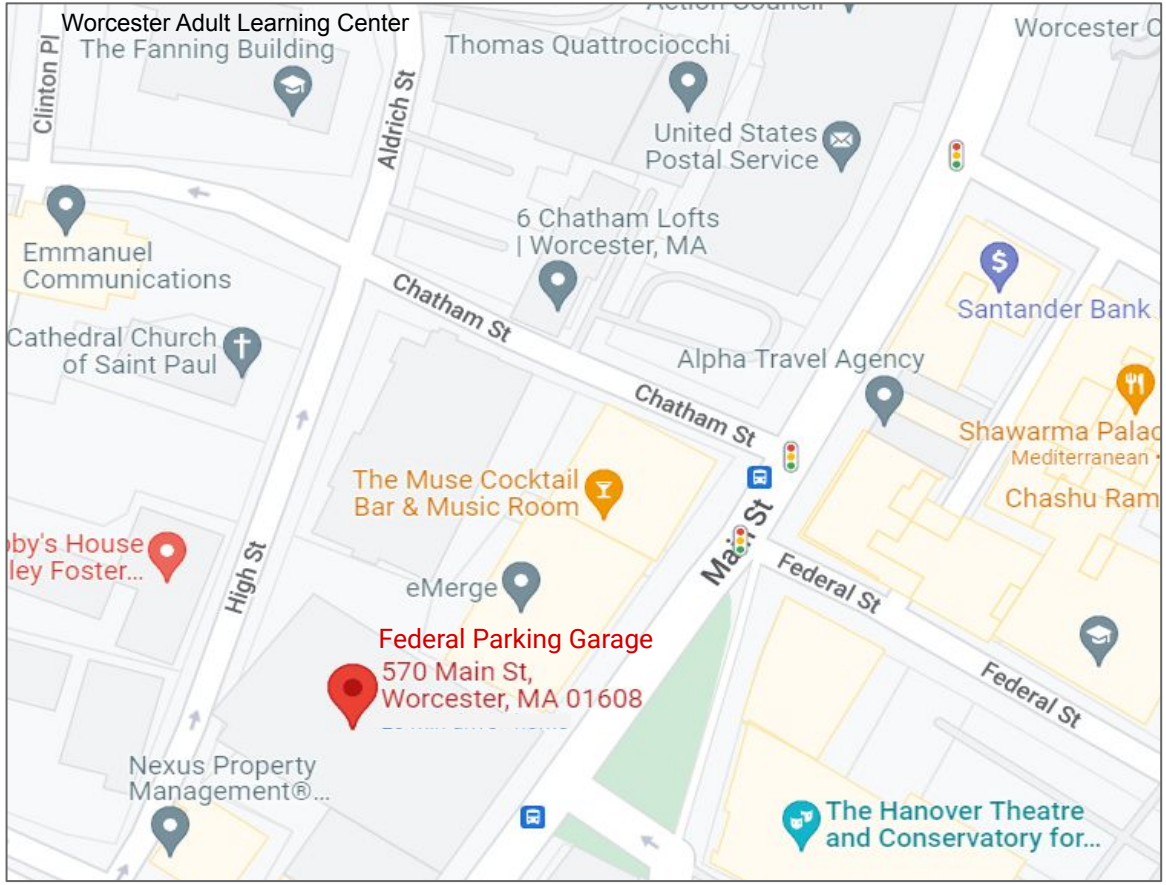
Tues, Wed, Thurs - 11:30am - 12:30pm

Kristin: Career Navigator

Text: 508-556-0713

Email: careers.walc@gmail.com

Map of Federal Parking Garage



https://www.google.com/maps/place/570+Main+St,+Worcester,+MA+01608/@42.2610164,-71.8065509,17z/data=!3m1!4b1!4m5!3m4!1s0x89e406638f74463d:0x97c18941a3ef2e97!8m2!3d42.2610164!4d-71.8043622?hl=en

Free Parking

Students can park for free at the Federal Parking Garage, 570 Main Street, Worcester, MA.

The garage front entrance is on Main Street.

- When you park your car... remember to take your parking ticket from the machine.
- Bring the parking ticket to the school.
- See one of these people who will validate your parking ticket:
  - Beth
  - Fatima
  - Crystal
  - Jen
- Keep the parking ticket.
- Bring the parking ticket back to the garage, so you can put it into the machine and get your car out.

The garage rear exit is on High Street.

Google Docs

Google Docs gives users the ability to create and store documents and files using any web browser (in “the cloud”), access them from any device, and give multiple people simultaneous access.

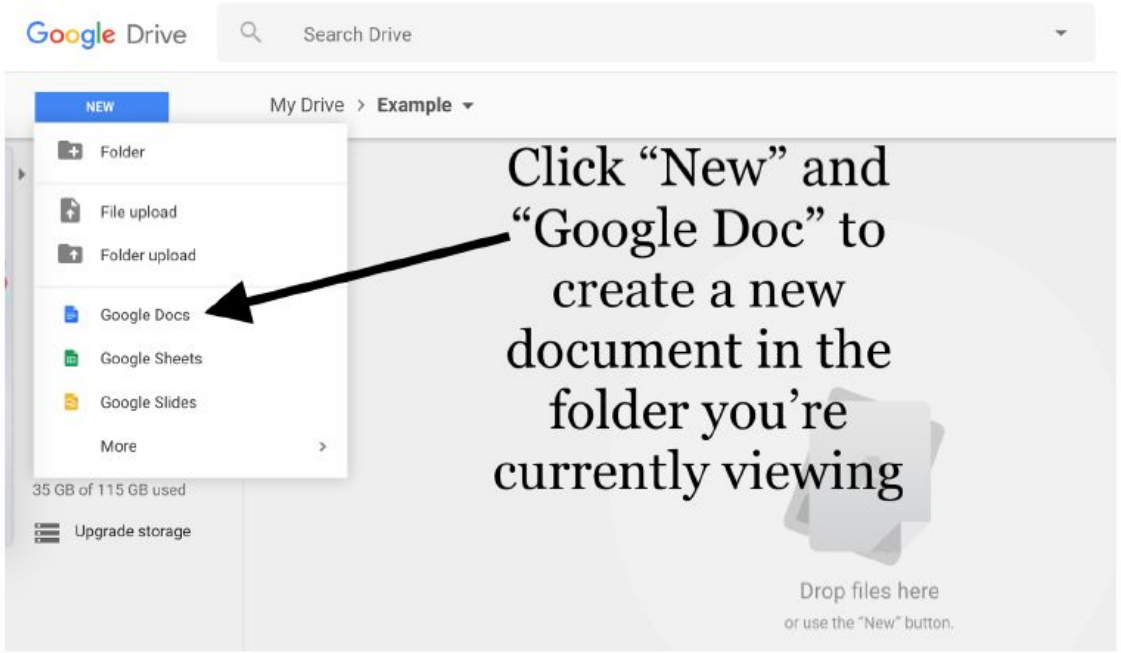
“The Cloud” is a phrase that means being able to access information through a web browser that are stored on a company’s computers. This gives you the ability to access them anywhere and share them with others.

**Google Docs works best in Google Chrome, but you can usually use it in any web browser (Safari, Internet Explorer, Firefox).*

To get started…

- Go to drive.google.com and log in to a Google account OR login to a Gmail account.
- Click on the little grid in the upper-right of the screen (looks like) and choose ‘Drive’

Create a Google Doc



Once you're in your Google Drive account, click on the 'New' button and click on 'Google Docs' to create a new Google Doc.

Questions?

Write

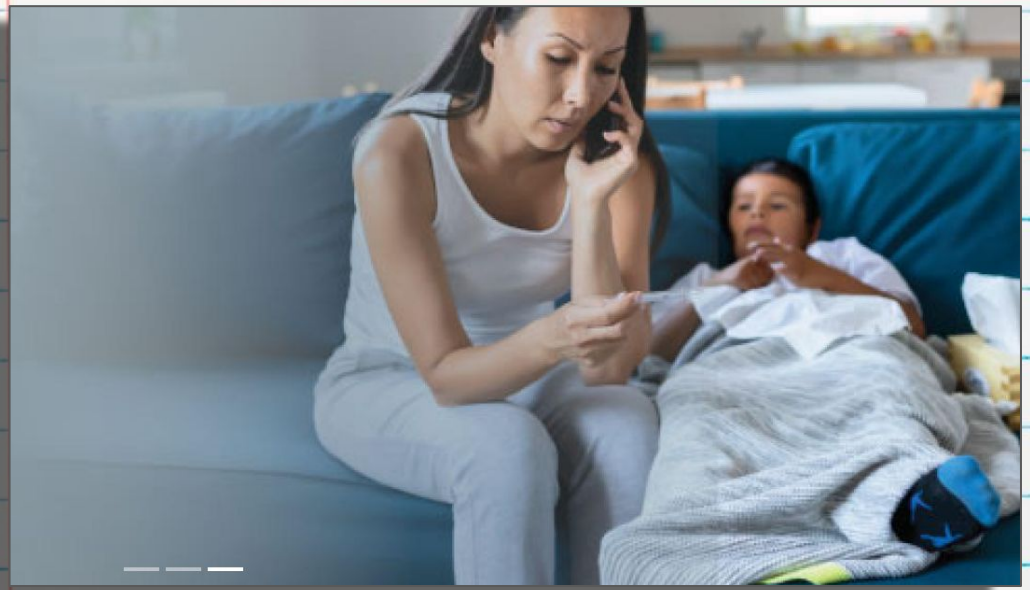
Today's date is _____ .
Day, Month Date, Year

Today's weather is _____ .

Journal Writing

Please write complete sentences (S V O)

1. What's happening in this picture?



Present

I	am	was	will
He/She/It	is	was	will
You/We/They	are	were	will

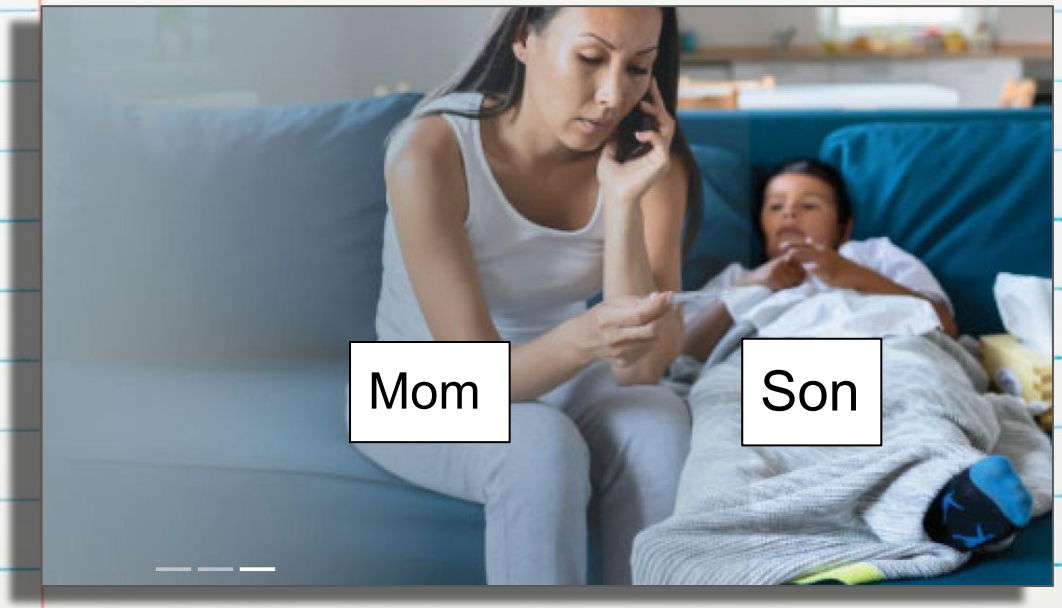
Present Continuous

I	am	verb-ing
He/She/It	is	verb-ing
You/We/They	are	verb-ing

PAST	PRESENT	PRESENT CONTINUOUS	FUTURE
Yesterday /was were	Today / am is are	am is are + verb-ing	Tomorrow / will be

Speak

1. What's happening in this picture?



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