



*Good Morning!*

*ESOL Online AM*

Week 29 - Day 88 - THURSDAY- 4-13-2023 SP  
April 13, 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



APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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)
- Sleep
- 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/1xjyq2BfauBibWVpU4HuMvwTxzKSuVx12Z3-i1wqOc6M/edit#slide=id.g21b2557f821\\_0\\_128](https://docs.google.com/presentation/d/1xjyq2BfauBibWVpU4HuMvwTxzKSuVx12Z3-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

  - ☐ Speaking – Present Continuous

- ☐ Idiom of the day/Phrasal Verbs/Tongue Twister – Sh sound\*

- ☐ Present Progressive (ellii) / Simple Present vs. Present Progressive

  - (ellii) – Move to next week: Read a Nutrition Label / Reading: Present Progressive Stories (ellii)\*

- ☐ Health

  - ☐ Illness & Injury – flashcards – review

  - ☐ 5 Pillars of Health: Sleep

- ☐ 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 (SVO)

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**

Yesterday /was were

**PRESENT**

Today / am is are

**PRESENT CONTINUOUS**

am is are + verb-ing

**FUTURE**

Tomorrow / will be

Speak



1. Tell me about this picture.



**Present Past Future**

I	am	was	will
He/She/It	is	was	will
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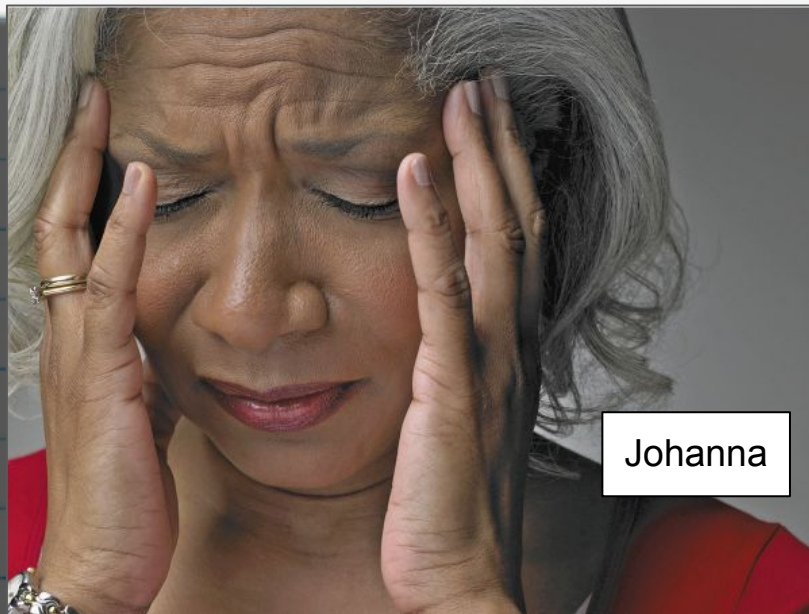
**FUTURE**

Tomorrow / will be

Speak



1. Tell me about this picture.



Johanna

**Present Past Future**

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He/She/It	is	was	will
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**Present Continuous**

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**FUTURE**

Tomorrow / will be

Write



Today's date is ----- . Today's weather is ----- .

Day, Month Date, Year



# JOURNAL WRITING

Please write complete sentences (SVO)

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

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**FUTURE**

Tomorrow / will be

Speak



1. What are they doing in the picture?



Mom

Ami

**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
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Tomorrow / will be



**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

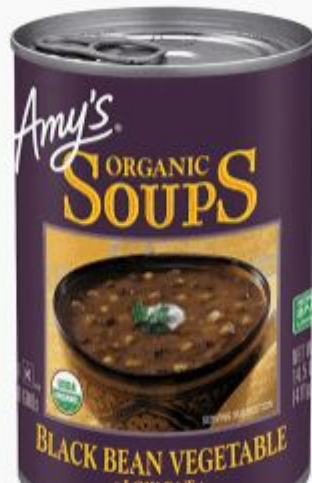
### Real-World Reading

💡 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 4g

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.

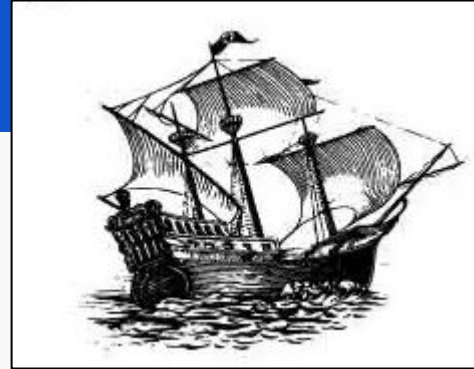


## TONGUE TWISTER

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.

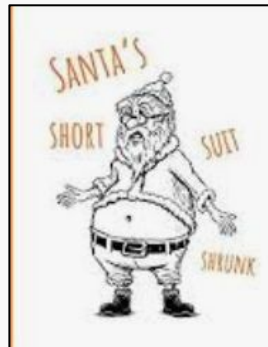
## TONGUE TWISTER

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 only a small part of a much bigger situation. 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

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.



## The 5 Pillars of health

Sleep



Nutrition



Exercises



Mind /  
Emotions



Community /  
Relationship



# HEALTH

Sleep



## 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

## What Happened?

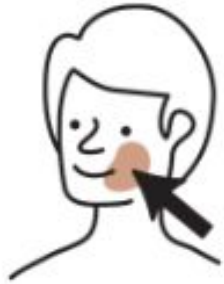
### Basic Grammar Sentences

💡 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

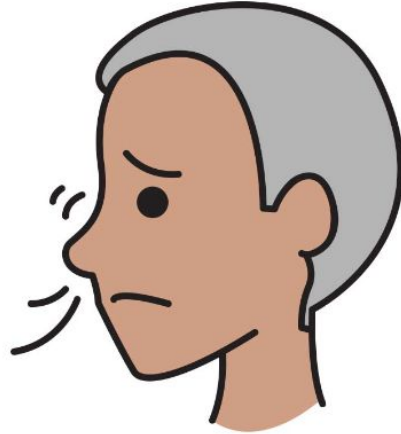


chin

# HEALTH - ILLNESS & INJURY



**cold**



**congested**



**cough**



## 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](#) →

# 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.



# 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 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.



# 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

## Exercises



### PHYSICAL

- Better health
- Improved quality of life
- Stronger bones & muscles
- Fight off illness better
- Weight control
- Improved fitness

### MENTAL

- Reduce anxiety & depression
- Reduce & prevent stress
- Increase cognitive functioning
- Feeling more energetic
- Sleep better
- Relaxation

### SOCIAL

- Social integration
- Build new friendships
- Strengthen relationships
- Increase family time
- Meet new people
- Build social skills

### EMOTIONAL

- Self confidence
- Increase feeling of self-worth
- Increase feelings of happiness
- Increase feelings of success
- Positive mood & affect
- Lower tension

# HEALTH

## Exercises



**Walking breaks counter the effects of sitting**

# HEALTH

## Exercises



## BENEFITS OF WALKING EVERYDAY

Improve Glucose Tolerance

Prevent Early Dementia

Prevent Heart Diseases

Improve Glucose Tolerance

Improve Digestion

Boosts Immune Pain

Relieve Back Pain

Eases Joint Pain



# 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.

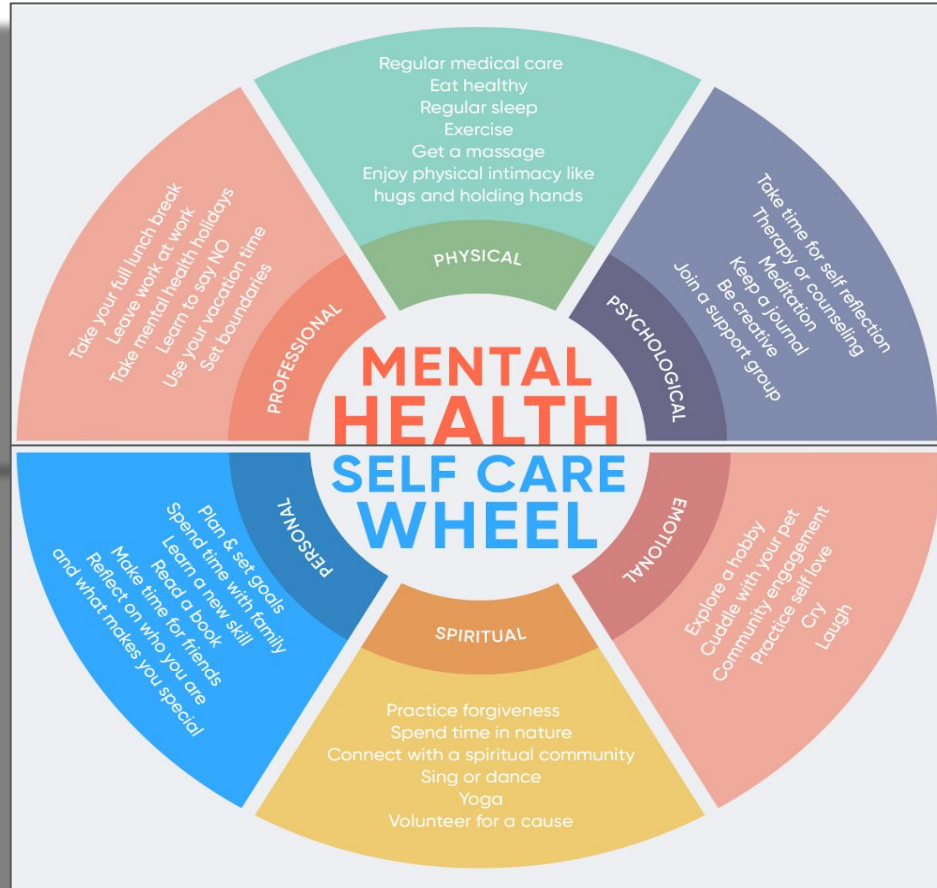


# HEALTH

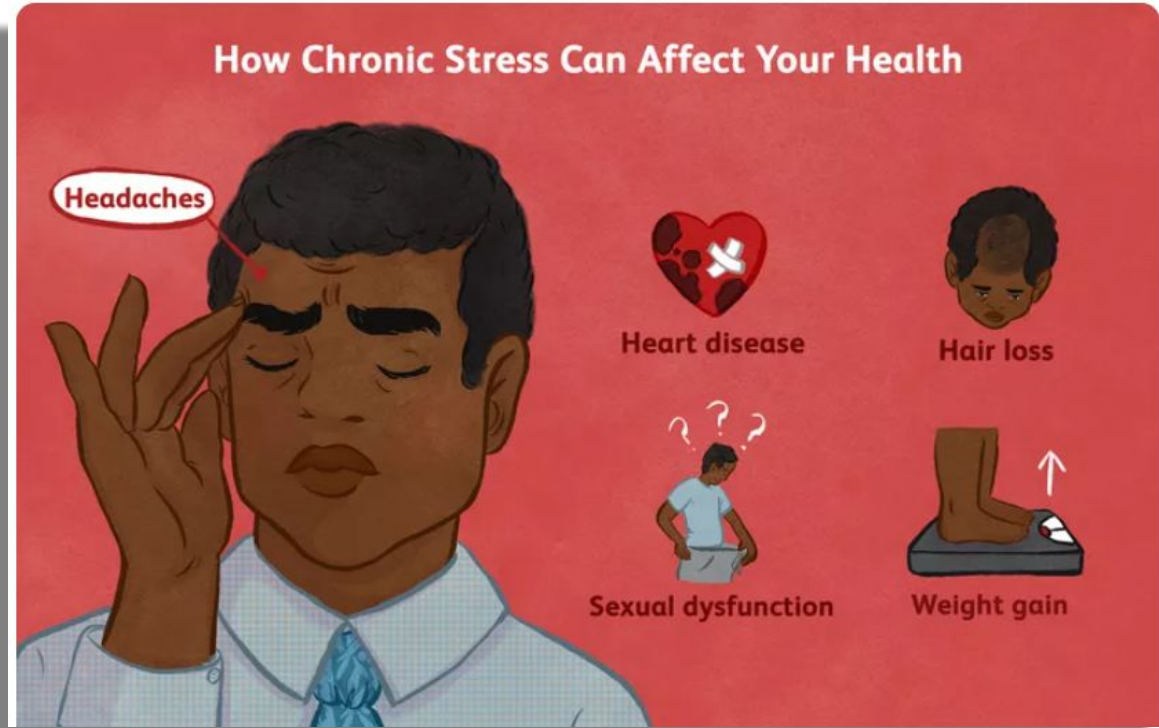
Mind /  
Emotions



# HEALTH



# HEALTH



# 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 aiming 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

# 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.

# 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

Community /  
Relationship



## PHYSICAL

- Better health
- Improved quality of life
- Stronger bones & muscles
- Fight off illness better
- Weight control
- Improved fitness

## MENTAL

- Reduce anxiety & depression
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- Social integration
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## EMOTIONAL

- Self confidence
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- Positive mood & affect
- Lower tension



**QUESTIONS?**

# PUNCTUATION MARKS

A large, bold black comma symbol.

comma

A large, bold black period symbol.

period

A large, bold black question mark symbol.

question mark

A large, bold black exclamation mark symbol.

exclamation  
mark

A large, bold black ellipsis symbol consisting of three dots.

ellipsis

A large, bold black colon symbol consisting of two dots.

colon



## 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.



## 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.

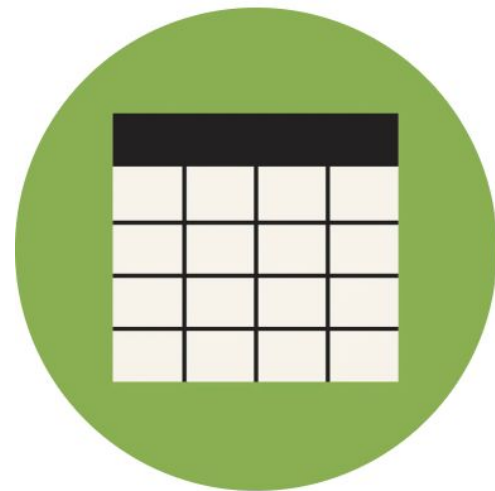


## Simple Present or Present Progressive?

### 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.



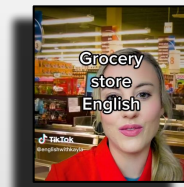


**QUESTIONS?**



# Conversation Practice

Take turns practicing a conversation



Student A

Practice **Grocery Store English**

Student B

**Cashier:** Hi. Did you find everything you were looking for?

**Cashier:** Would you like paper or plastic?

**Cashier:** Great, a reusable bag.

**Cashier:** That comes to \$102.20.

**Cashier:** Cash or Credit?

**Cashier:** Would you like to round up and donate to charity?

**Cashier:** To round up means to take your change to the nearest dollar and we donate that amount of money to charity.

**Cashier:** Okay. Have a good day!

**Customer:** Yes. Thank you.

**Customer:** I brought this reusable bag.

**Customer:** Yes, reusable.

**Customer:** Thank you.

**Customer:** Cash.

**Customer:** What does 'round up' mean?

**Customer:** No thanks. Not today, thank you.

**Customer:** Thank you. You too!



# Conversation Practice

Take turns practicing a conversation

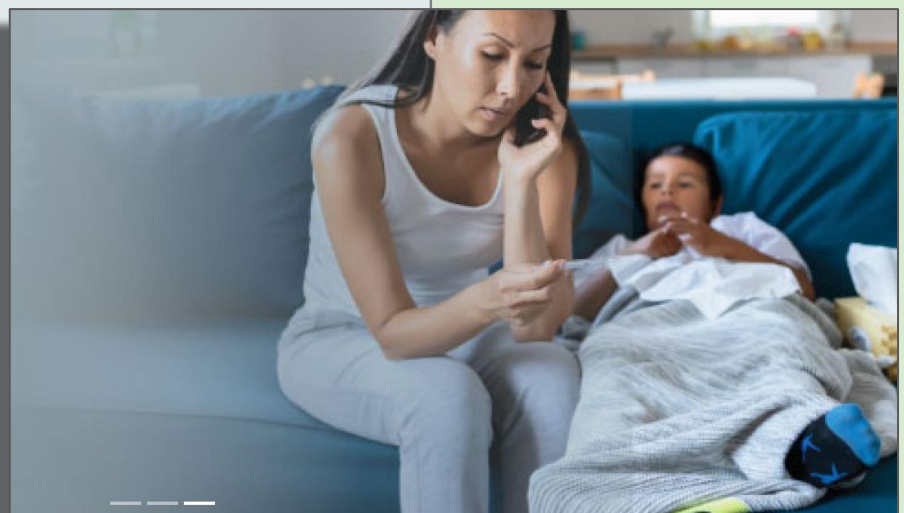
Student A

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



# 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**  
Yesterday / was were

**PRESENT**  
Today / am is are

**PRESENT CONTINUOUS**  
am is are + verb-ing

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# Conversation Practice

Take turns practicing a conversation

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# Conversation Practice

Take turns practicing a conversation

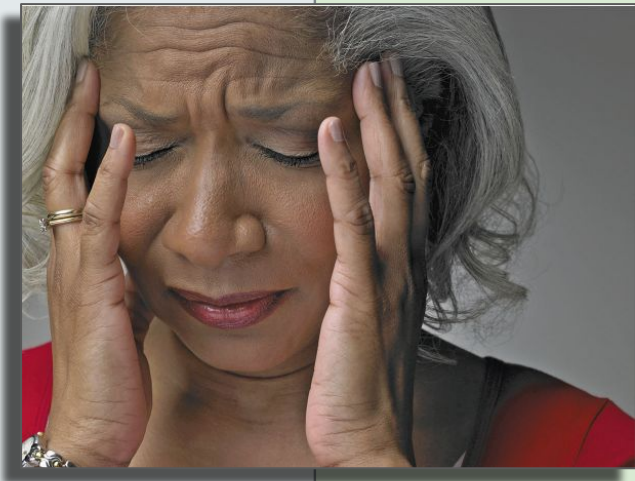
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**QUESTIONS?**

# 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

## DOWNLOAD A LANGUAGE APP

<u>Awabe</u>	<u>Hello Talk</u>	<u>Memrise</u>
<u>Busuu</u>	<u>Lingbe</u>	YouTube
<u>Duolingo</u>	<u>Learn English Daily</u>	<ul style="list-style-type: none"><li>• <u>English with Anna</u></li><li>• <u>Teacher Alisha</u></li><li>• <u>Teacher Keith</u></li><li>• <u>Teacher Rebecca</u></li><li>• <u>Teacher Tiffany</u></li><li>• <u>Films in English</u></li></ul>
<u>FluentU</u> (online/\$)	<u>Lyrics Training</u> (songs)	
<u>Hello English</u>	<u>Mango</u>	

What app are you using?

Practice speaking English 20 minutes every day.

# IMPORTANT INFORMATION



**Worcester  
Adult Learning Center**

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

## **Teacher Marianne**

Phone & Text: 774-551-6381

## **Kristin: Career Navigator**

Text: 508-556-0713

Email: [careers.walc@gmail.com](mailto:careers.walc@gmail.com)

## **Zoom**

Meeting ID: 496 900 0061

Password: 4sU7GC

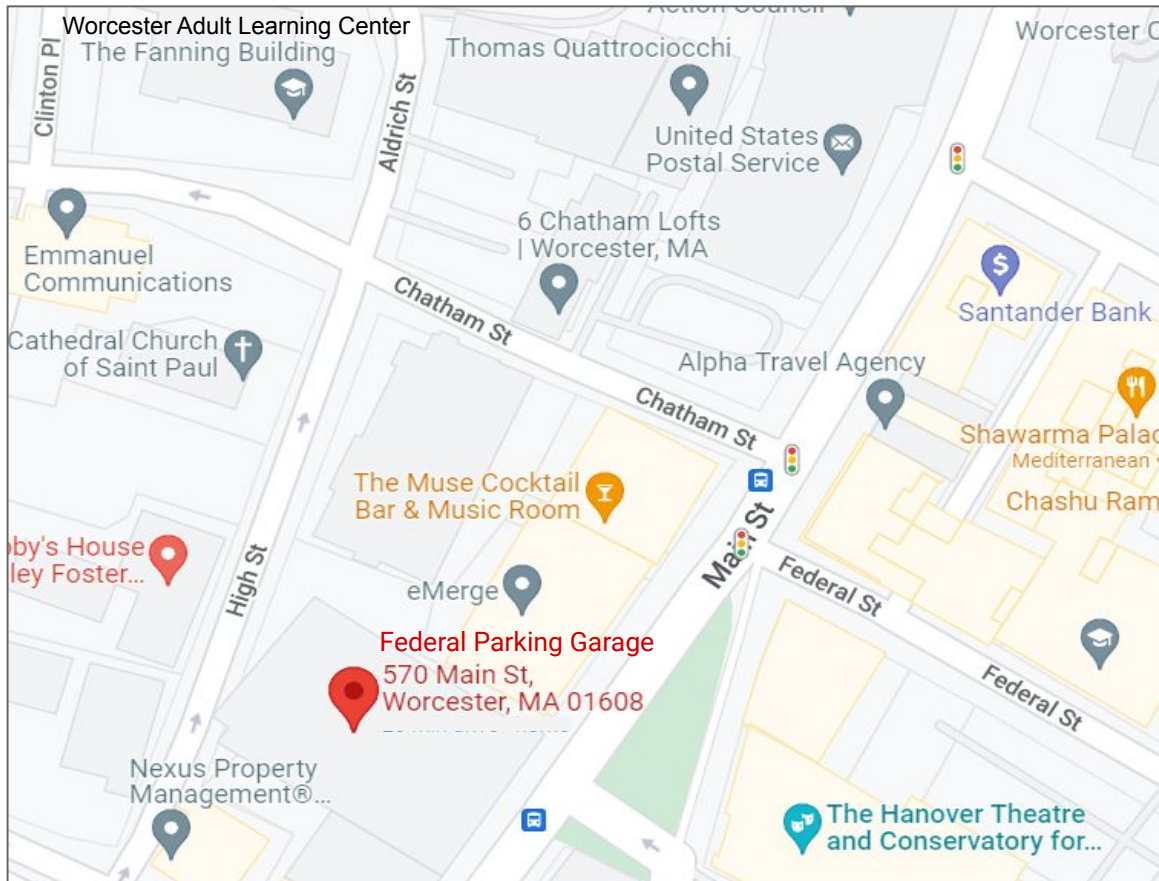
## **Crystal: Student Advisor**

Respond to REMIND.

Office hours:

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

# Map of Federal Parking Garage



<https://www.google.com/maps/place/570+Main+St,+Worcester,+MA+01608/@42.2610164,-71.8065509,17z/data=!3m1!1e3!1s0x89e406638f74463d0:97c18941a3ef2e9718m2!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.

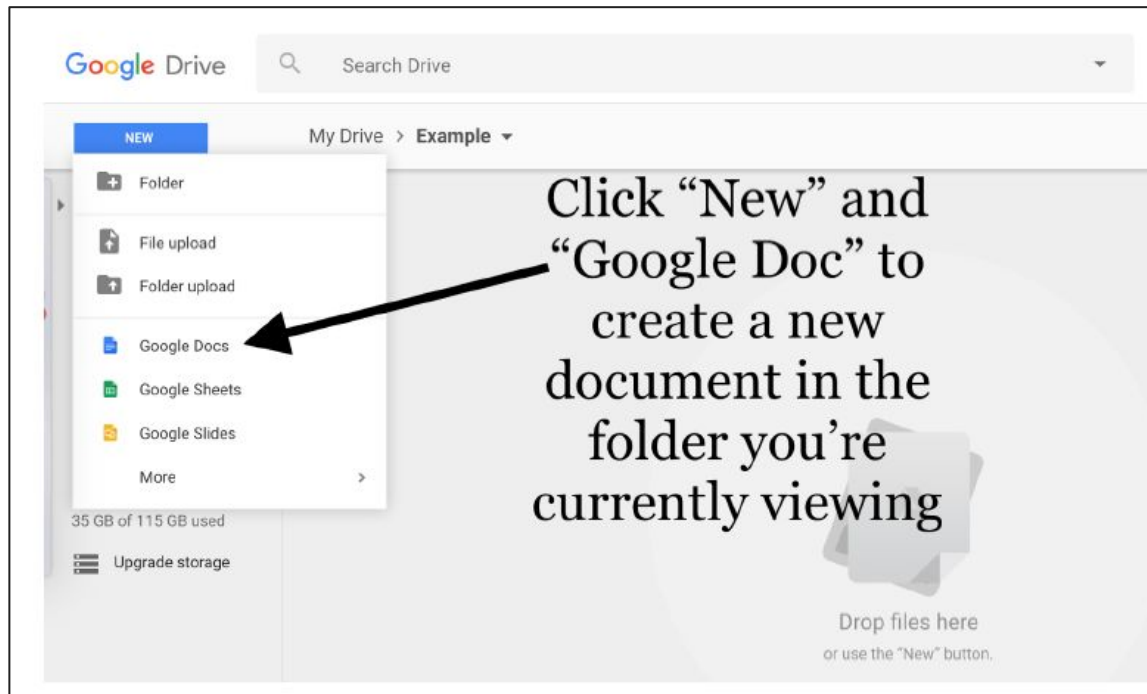
“The Cloud” is a phrase that means being able to access information through a web browser that are stored on a company’s computers. This gives you the ability to access them anywhere and share them with others.

*\*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](https://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



Click “New” and  
“Google Doc” to  
create a new  
document in the  
folder you’re  
currently viewing

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 ----- . Today's weather is ----- .

Day, Month Date, Year



# 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

Yesterday /was were

## PRESENT

Today / am is are

## PRESENT CONTINUOUS

am is are + verb-ing

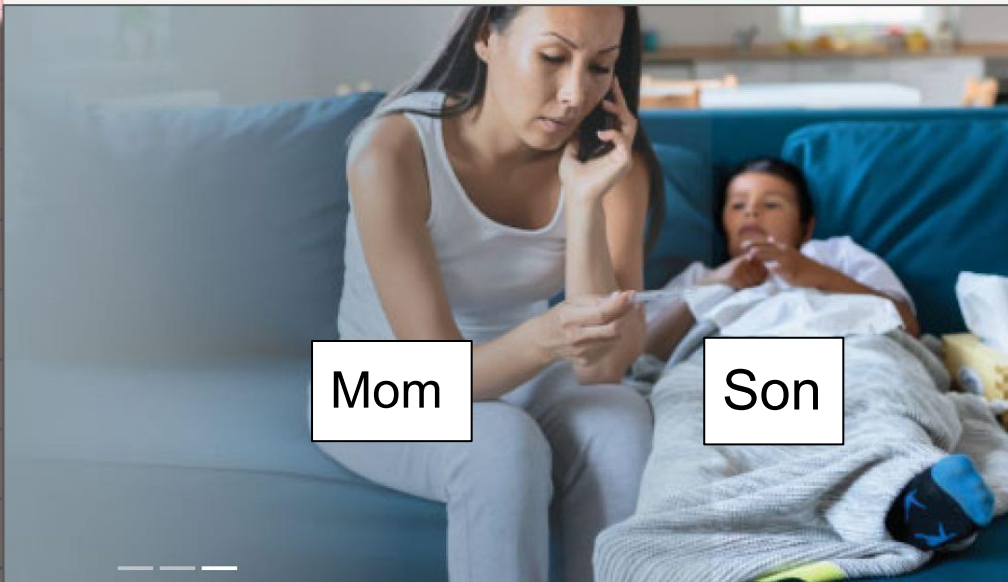
## FUTURE

Tomorrow / will be

Speak



1. What's happening in this picture?



Mom

Son

### 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

Yesterday /was were

### PRESENT

Today / am is are

### PRESENT CONTINUOUS

am is are + verb-ing

### FUTURE

Tomorrow / will be

Write



Today's date is ----- . Today's weather is ----- .

Day, Month Date, Year



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## PAST

Yesterday /was were

## PRESENT

Today / am is are

## PRESENT CONTINUOUS

am is are + verb-ing

## FUTURE

Tomorrow / will be

Speak



1. What's happening in this picture?



Jack

### 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

Yesterday /was were

### PRESENT

Today / am is are

### PRESENT CONTINUOUS

am is are + verb-ing

### FUTURE

Tomorrow / will be

Write



Today's date is ----- . Today's weather is ----- .

Day, Month Date, Year



# JOURNAL WRITING

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am is are + verb-ing

## FUTURE

Tomorrow / will be

Speak



1. What's happening in this picture?



### Present

I	am	was	will
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### PAST

Yesterday /was were

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am is are + verb-ing

### FUTURE

Tomorrow / will be