



Good Evening!

English for Speakers
of Other Languages

ESOL Online PM

Week 25 - Spring 2026

Today is Tuesday, March 17th, 2026.



**Worcester
Adult Learning Center**



Good Evening!

English for Speakers
of Other Languages

ESOL Online PM

Week 25 - Spring 2026

Today is Thursday, March 19th, 2026.



Worcester
Adult Learning Center

Healthy Habits



Healthy Habits



Agenda (for the week)

- News and Notes
- Healthy Habits
 - Chill Out
- Pronouns, Possessives, Past Tense - reading
- Past Tense - continued
- Prepositions of Direction*

*time permitting

STANDARDS

Reading

- R3C.2c. Locate direct pronoun referents (e.g., Nami has a job. She works at the hospital.).
- R3C.3a. Understand the differences in meaning of the present, present continuous, future, and past tenses.
- R3C.4b. Recognize and use intermediate function words: pronouns, prepositions, conjunctions, auxiliary verbs (e.g., that, since, have, was).
- R3C.4c. Locate indirect pronoun referents. Ex: "I sent her the letter."
- R3C.6b. Recognize and use advanced function words: pronouns

Writing

- W3C.2a. Show knowledge of simple learned patterns to create subject-predicate statements that include basic elements of grammar, such as: some high-frequency verbs to convey a sense of the past and present, ... personal and possessive pronouns (e.g., I, me, my; they, them, their; anyone,)... irregular past tense verbs, ... reflexive pronouns (e.g., myself, ourselves), subject-verb and pronoun-antecedent agreement...
- W3C.3a. Show knowledge of basic grammar to construct simple sentences ..., such as: such as: possessives, reflexive pronouns (e.g., myself, ourselves), ... past tense verbs ...
- W3C.5a. Construct text of coherently linked simple ... sentences that include more complex grammar structures, such as: pronouns in the proper case (subjective, objective, possessive) (e.g., I/me/mine, we/us/ our[s], she/her/her[s]) and subject-verb and pronoun-antecedent agreement.

Listening and Speaking

- L/S2A.1a. Follow a simple question-and-answer conversation structure.
- L/S3B.2a. Recognize and produce basic grammatical structures (e.g., subject and object pronouns) and syntactically simple sentences.
- L/S3B.3a. Understand and produce basic grammatical structures (e.g. past and future verb tense, basic prepositions, ... direct pronoun references)
- L/S3B.4a. Understand and produce a growing set of grammatical structures (e.g. correct pronoun case)
- L/S3B.5a. Understand and produce a broad set of grammatical structures (e.g., pronoun references [e.g., Ahmed left his country last year. This was hard for him.]).

STANDARD OBJECTIVES

ASSESSMENT

AT THE COMPLETION OF THIS WEEK'S LESSONS STUDENTS WILL BE ABLE TO : STUDENTS WILL DEMONSTRATE THEIR LEARNING BY...

- R3C.2c. ● Recognize direct and indirect pronouns (e.g., Nami has a job. She works at the hospital. / Ex: "I sent her the letter."
- R3C.3a. ● Identify the difference between simple present and simple past tense.
- R3C.4b. ● Identify regular vs. irregular past tense verbs.
- R3C.4c. ● Differentiate each type of pronoun or possessive in stories or activities (subject, object, possessive adjective, possessive pronoun, reflexive pronoun, indefinite pronoun).
- R3C.6b. ●

- Locating and/or identifying the various pronoun and possessive words in an activity (multiple choice, fill in the blank, etc.).
- Demonstrating comprehension by selecting the correct past tense verb in simple sentences (multiple choice, fill in the blank, etc.).
- Reading a short story or sentences and accurately discern the overall meaning based on an understanding of the past tense and use of possessives or pronouns.

- W3C.2a. ● Write sentences using the correct form of possessive or pronoun (with provided examples).
- W3C.3a. ● Write sentences using the past tense.
- W3C.5a. ●

- Writing sentences using each form of pronoun or possessive accurately.
- Writing sentences using a growing list of past tense verbs (regular and irregular).
- Writing sentences with subject-verb and pronoun-antecedent agreement. [Submitted as part of Journal Writing and/or Homework.]

- L/S2A.1a ● Apply correct grammar format rules for possessives and pronouns.
- L/S3B.2a. ● Understand and produce basic grammatical structures (e.g. past and future verb tense, basic prepositions, ... direct pronoun references)
- L/S3B.3a ● Ask and answer questions using various possessives and pronouns (using a model stem sentence provided).
- L/S3B.4a ●
- L/S3B.5a ●

- Answering questions correctly when completing activity exercises (introduction, fill in the blank, matching, multiple choice, quiz, etc) related to various possessives and pronouns.
- Speaking sentences with subject-verb and pronoun-antecedent agreement.
- Speaking sentences using a growing list of past tense verbs (regular and irregular).
- Applying the correct form of a possessive or pronouns while participating in conversations with the teacher or other students.

Videos

- Subject Pronouns (ellii, video) <https://www.youtube.com/watch?v=Dr8Glp94GgA>
- Object Pronouns (ellii, video) <https://www.youtube.com/watch?v=aqJMbCvduhY>
- Reflexive Pronouns (PEG, video, 5:25 min., and Explanation pdf)
- Prepositions of Time (ellii, video) / Prepositions of Place (elli, video)
- Past Tense (ellii, video)

Lessons and Quizzes

- Subject and Object Pronouns - Quiz (ATG)
- Possessive Adjectives (ellii) <https://ellii.com/lesson/3945-possessive-adjectives> Possessive Adjectives (ATG All Things Grammar) / Possessive Adjectives - Quiz (Liveworksheets)
- Possessive Pronouns (ATG All Things Grammar) Possessive Pronouns - Quiz (Liveworksheets)
- Possessive Adjectives and Pronouns (ellii) <https://ellii.com/lesson/2500-possessive-adjectives-pronouns> / Possessive Adjective vs. Possessive Pronouns & Quiz (slides)
- Reflexive Pronouns (ATG All Things Grammar) Reflexive Pronouns (ATG All Things Grammar)
- Indefinite Pronouns (ellii) / Indefinite Pronouns (ATG All Things Grammar)
- Prepositions of Time (ellii, video) / Prepositions of Place (elli, video)
- Five Healthy Habits (Sunbasket.com) https://sunbasket.com/blog/five-healthy-habits-that-you-can-stick-with?srsltid=AfmR0ozbvo1AFDh57ol_1WSBvAv8irO27yzCASWni5RwnXX7R7z3L

Additional resources - Review

- Quiz Time (slides adapted from WALC pdf)
- How to use your Rice Cooker (Liveworksheets)
- Sequencing - How to make pancakes (EasyTeacher) <https://www.easyteacherworksheets.com/>
- Prepositions of Time (ellii) / Prepositions of Place (ellii)
- “A Good Shopping Trip” reading with possessive and pronouns
- ESOL Level 3 - Practice (WALC pdf)
- Pronouns 1 *Quiz and Review (ellii)
- Pronouns 2 *Quiz and Review (ellii)



TESTING

The school tests each student's progress in English each semester.

Pre-Test (after 12 hours of classes)

Post-Test (after 60 hours /end of semester)

Teacher Alys
will call you
to schedule
your test.



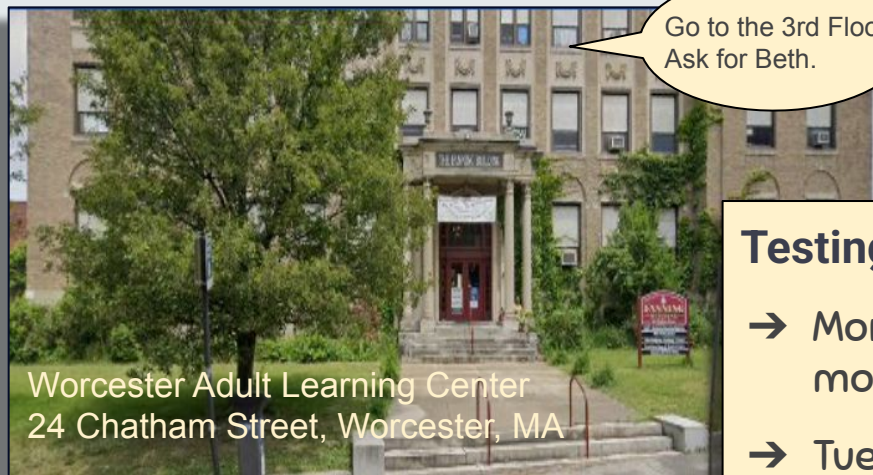
Worcester
Adult Learning Center

NEWS TESTING

The school tests your progress in English each semester.

Pre-Test (after 12 hours of classes)

Post-Test (60 hours /end of semester)



Go to the 3rd Floor
Ask for Beth.

Worcester Adult Learning Center
24 Chatham Street, Worcester, MA

Teacher Alys will call you AND text you
to schedule your test.

Please check your voicemail and text her back.
Include what day - and time - you would like to
take your test.

Testing times:

- Monday, Tuesday, Wednesday, Thursday or Friday
mornings: 9:00 AM - 12:00 NOON
- Tuesday and Thursday nights: 5:00 - 6:30 PM

THINGS YOU WILL DO IN CLASS

Write



Read



Speak



Listen



CLASS VALUES

- Be respectful 
- Be kind 
- Be on time 
- Be helpful 
- Ask questions 

SCHOOL RULES

Attendance is required

- *No more than 2 missed classes a month.
- *Be on time. Do not be late.

Send a message to the teacher if you can not come to class. Use REMIND or text.

Active Participation

- *Please keep your camera on during class.

WHEN DO WE MEET AS A CLASS?



Tuesday, Thursday

Fall Semester

September 2nd to December 23rd

Spring Semester

January 6th to 2nd week in June

- CLASS: 5:30 PM to 7:30 PM
- BREAK: 6:30 PM to 6:45 PM
- Homework: 7:30 PM to 8:00 PM

WHEN DO WE MEET AS A CLASS?

FEBRUARY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	X	X	X	X	X	
22	23	24	25	26	27	28

Holidays and Observances: Valentine's Day (14), Presidents' Day (16)


Handmade

News & Notes

The Worcester Adult Learning Center will be closed for Winter Vacation:

- Monday, February 16th to Friday, February 20th.

Note:

- Friday, February 14th is Valentine's Day 
- Monday, February 16th is Presidents' Day.



Worcester Public Schools calendar
(holidays, vacation weeks, etc.)

WHEN DO WE MEET AS A CLASS?

MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Holidays and Observances: St. Patrick's Day (17)

Homemade
COUNTDOWN CALENDAR

News & Notes

- St. Patrick's Day, Tuesday
March 17th

Worcester Public Schools calendar
(holidays, vacation weeks, etc.)



QUESTIONS?



Worcester
Adult Learning Center

NEWS





QUESTIONS?

Healthy Habits





Healthy Habits

1. Eat Real Food
2. Drink Lots of Water
3. Get Plenty of Sleep
4. Get Up and Move
5. Chill Out



Healthy Habits

1. Eat Real Food

Real food is energizing, disease-protecting, anti-aging, and mood-boosting—everything we need to live a long, happy life. Colorful fruits and vegetables, fiber-rich whole grains, high-quality proteins, and healthy fats are perfectly packaged with all the vitamins, minerals, fiber, antioxidants, and energy needed to thrive. Yet, studies show an estimated 50 percent of what we eat is ultra-processed food devoid of beneficial nutrients, and contain toxic, artificial additives.



Healthy Habits

2. Drink Lots of Water

The human body is 65 to 70 percent water, an unmistakable indicator of how important it is to our health. Water plays a critical role in supporting the function of every bodily organ, and yet research estimates a striking 75 percent of the U.S population functions in a chronic state of dehydration.



Healthy Habits 2. ...Water

Compatible with NEW Culligan with ZeroWater
Technology pitchers and dispensers



Certified to reduce
5x more contaminants than
the leading filter

Certified to reduce*

BRITA
Leading filter

**ZERO
WATER**
TECHNOLOGY

Chlorine



Lead



Total PFAS
(forever chemicals)



Pharmaceuticals



Pesticides



*Manufactured according to standard NSF/ANSI 42. NSF is a trademark of NSF.
See performance data sheet for specific ZeroWater Technology contaminant reductions.

Cobbe Filtered Shower Head



EFFECTIVELY PURIFIES WATER WITH
MEASURABLE RESULTS



- Low Magnetic Energy Ball
- Zeolite Balls
- Low VC Balls
- Light Yellow Ceramic Ball
- Tourmaline Ball
- Wooden Fish Stone Ball
- Medical Stone Ball
- Red Stone Ball
- Calcium Sulfite Balls
- KDF-55

**KDF-55 & Calcium
Sulfite Balls**
Effect : Eliminates heavy
metals and organic
contaminants via
advanced oxidation
processes.



Healthy Habits

3. Get Plenty of Sleep

Sleep is our body's primary opportunity to repair, rebuild, and recharge, yet most of us pay more attention to charging our phones than our bodies. Studies show over one-third of the U.S population is sleep deprived.



Healthy Habits

4. Get Up and Move

Our bodies are built to move but each year we become more sedentary. Studies estimate that American adults spend an average of 13 hours sitting each day. Regular exercise promotes sleep, strengthens cognitive function, improves metabolism, relieves stress, enhances physical performance, and supports healthier food choices.



Healthy Habits

5. Chill Out

Unplugging on a regular basis has been shown to improve productivity, creativity, energy, performance, health, and happiness. Whether it's yoga, meditation, reading a book, taking a warm bath, sipping on tea, or doing a puzzle, taking time to relax and reset is critical to our health and happiness.



QUESTIONS?

Indefinite Pronouns

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun	Reflexive Pronoun	Indefinite Pronoun
I	me	my	mine	myself	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> any anybody anyone anything each everybody everyone everything none nobody no one nothing </div> <div style="width: 45%;"> some somebody someone something all many several few another one </div> </div>
you	you	your	yours	yourself	
he	him	his	his	himself	
she	her	her	hers	herself	
it	it	its	x	itself	
you	you	your	yours	yourselves	
we	us	our	ours	ourselves	
they	them	their	theirs	themselves	



Indefinite Pronouns

Indefinite Pronoun

any
anybody
anyone
anything

some
somebody
someone
something

each
everybody
everyone
everything

all
many
several
few

none
nobody
no one
nothing

another
one

	PEOPLE	PLACES	THINGS
*any-	anyone anybody	anywhere	anything
every-	everyone everybody	everywhere	everything
no-	no one nobody	nowhere	nothing
some-	someone somebody	somewhere	something

Indefinite pronouns are used to talk about people, places or things without saying exactly who, where, or what they are. They are followed by singular verbs.

**'any-' vs 'some-': 'any-' is more often used in negative statements and questions.*

Indefinite Pronouns

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun	Reflexive Pronoun	Indefinite Pronoun	
I	me	my	mine	myself	any	some
you	you	your	yours	yourself	anybody anyone	somebody someone
he	him	his	his	himself	anything	something
she	her	her	hers	herself	each	all
it	it	its	x	itself	everybody everyone	many several
you	you	your	yours	yourselves	everything	few
we	us	our	ours	ourselves	none	another
they	them	their	theirs	themselves	nobody no one	one
					nothing	

Pronouns 2

Grammar Practice Worksheets

💡 Low Int 🕒 Teens & Adults

Students will learn and practice five types of pronouns through various grammar, writing, and speaking tasks. This lesson covers reflexive pronouns, indefinite pronouns, demonstrative adjectives, demonstrative pronouns, and relative pronouns. Students will also get the chance to review other types of pronouns. The basic pronoun types are covered in Pronouns 1.





A Good Shopping Trip

Last Saturday, I went grocery shopping by **myself** because **my** family was busy. I brought **my** shopping list, but I forgot **my** wallet at home and had to remind **myself** to use **my** phone to pay.

While in the parking lot, I realized **my** store discount card was at home. I reminded **myself** to ask for help at **their** customer service desk.

I like to shop at Big X, although **their** produce prices are a bit high. However, **it** is close to **my** house. That's why I shopped for **their** sales and used **my** discount card.

I read the store's weekly shopping circular and knew some of the items I wanted to buy were on sale.

At the store, I saw **my** neighbor, and I noticed that **her** cart was fuller than **mine**. Some of the items in **her** cart were identical to **mine**.

I couldn't find **my** favorite cheese in the dairy section, so I asked for help at **their** customer service desk. **They** had moved **my** favorite cheese to Aisle 11 in front of the deli section.

In the end, **my** favorite cheese was on sale. It was a good shopping trip.



A Good Shopping Trip

Last Saturday, I went grocery shopping by _____ because ___ family was busy. I brought ___ shopping list, but I forgot ___ wallet at home and had to remind _____ to use ___ phone to pay.

While in the parking lot, I realized ___ store discount card was at home. I reminded _____ to ask for help at _____ customer service desk.

I like to shop at Big X, although _____ produce prices are a bit high. However, ___ is close to ___ house. That's why I shopped for _____ sales and used ___ discount card.

I read the store's weekly shopping circular and knew some of the items I wanted to buy were on sale.

At the store, I saw ___ neighbor, and I noticed that _____ cart was fuller than_____. Some of the items in ___ cart were identical to_____.

I couldn't find ___ favorite cheese in the dairy section, so I asked for help at _____ customer service desk. _____ had moved ___ favorite cheese to Aisle 11 in front of the deli section.

In the end, ___ favorite cheese was on sale. It was a good shopping trip.

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A Good Shopping Trip

Saturday, I **(go)** grocery shopping by **myself** because **my** family **(is)** busy. I **(bring)** **my** shopping list, but I **(forget)** **my** wallet at home and **(have)** to remind **myself** to use **my** phone to pay.

While in the parking lot, I **(realize)** **my** store discount card **(is)** at home. I **(remind)** **myself** to ask for help at **their** customer service desk.

I like to shop at Big X, although **their** produce prices are a bit high. However, **it** is close to **my** house. That's why I **(shop)** for **their** sales and **(used)** **my** discount card.

I **(read)** the store's weekly shopping circular and **(know)** some of the items I **(want)** to buy **(are)** on sale.

At the store, I **(see)** **my** neighbor, and I **(notice)** that **her** cart **(is)** fuller than **mine**. Some of the items in **her** cart **(are)** identical to **mine**.

I couldn't find **my** favorite cheese in the dairy section, so I **(ask)** for help at **their** customer service desk. **They** **have** **moved** **my** favorite cheese to Aisle 11 in front of the deli section.

In the end, **my** favorite cheese **(is)** on sale. It **(is)** a good shopping trip.

Past Tense

Simple Past



wrote



ate



walked

Simple Past

Introduction

×

×

×

past

present

future

Verb tenses show the time that an action takes place.

Past Tense

Simple Past

Grammar Practice Worksheets

💡 High Beg 🎓 Teens & Adults

This lesson covers the past tense of the Be verb, regular verbs, and irregular verbs. Through various individual and group activities, students will practice using the affirmative, negative, and question forms of simple past verbs.



Past Tense – Pronunciation Tips





QUESTIONS?

Write



Write 3 - 5 or more complete answers.
Use a past tense word and an infinitive pronoun.

JOURNAL

1. **Did** you eat **anything** healthy yesterday?
2. **Did** you try **something** new or cook with **someone**?
3. **Did** you drink **anything** healthy yesterday?
4. **Did** you avoid drinking **anything** unhealthy?
5. **Did** you go **anywhere** to exercise last week?
6. **Did anyone** exercise with you?

Healthy Habits

Past Tense

Indefinite Pronouns



Common Past Tense Question words

- Who **was / were, did** (people)
- What **was / were, did** (things)
- When **was / were, did** (time)
- Where **was / were, did** (place)
- Why **was / were, did** (purpose)

Examples

- **Was** he eating healthy? **Was** he in class yesterday?
- **Were** they eating healthy? **Were** they late for class?
- **Did** you eat a healthy meal? **Did** you do your homework?
- **Did** they eat a healthy meal? **Did** they like the movie?

Indefinite Pronouns

	PEOPLE	PLACES	THINGS
+any-	anyone anybody	anywhere	anything
every-	everyone everybody	everywhere	everything
no-	no one nobody	nowhere	nothing
some-	someone somebody	somewhere	something

Indefinite pronouns are used to talk about people, places or things without saying exactly who, where, or what they are. They are followed by singular verbs.

**'any-' vs 'some-': 'any-' is more often used in negative statements and questions.*



Write 3 - 5 or more complete answers.

Use a past tense word and an infinitive pronoun.

JOURNAL

1. **Did** you eat **anything** healthy yesterday?

Yes. **Everything** I ate yesterday was healthy.

2. **Did** you try **something** new or cook with **someone**?

Yes. I tried a new healthy recipe. **No one** cooked with me.

3. **Did** you drink **anything** healthy yesterday?

Yes. I drank **some** fresh squeezed orange juice.

4. **Did** you avoid drinking **anything** unhealthy?

Yes, I avoided drinking **any** soda.

5. **Did** you go **anywhere** to exercise last week?

Yes. I went **somewhere** to exercise.

6. **Did anyone** exercise with you?

Yes, **someone** exercised with me.

Healthy Habits

Past Tense

Indefinite Pronouns



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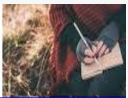
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Healthy Habits

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Quiz
Time





How to make pancakes

It was breakfast time. “I want to make the pancakes!”, Ellie said. “No problem”, her mother said. “I will show you how.”

First, they mixed the flour, an egg, milk, a teaspoon of baking soda and a pinch of salt in a big blue bowl. Next, they selected a skillet. Then, they put some oil in the skillet and set it on the stove to heat up.

“When the oil is hot,” Ellie’s mother said, “we will pour in the batter”.

When the oil was hot, Ellie used a measuring cup to pour batter into the skillet. It made a hissing sound, and soon the batter began to bubble.

“It’s time to turn the pancake”, Ellie’s mother said. Ellie used a spatula to flip over the pancake. The pancake was a beautiful golden brown. When it was done, Ellie lifted the pancake out of the skillet and slid it onto a plate.

“Who wants the first pancake?” Ellie called, as her mother poured more batter into the skillet.

Ellie and her mother made ten pancakes. When they finally joined the rest of the family at the breakfast table, Ellie covered her pancakes with syrup and dug in. They were the best pancakes that she had ever eaten!

Time “Linking” Words / Sequencing Words

- First, First of all
- Second, Secondly
- When
- While, Meantime, As
- Now
- Next, Then, Soon
- Previously
- Eventually
- Finally

Past Tense Words

was, said, mixed, selected, used, made, began, lifted, slid, called, poured, joined, covered, dug in, were, had, eaten



Conversation Practice

Work Together

1. How many **past tense** words can you find?

2. Number the steps in the correct **sequence**.

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Work together.

Number the steps in the correct order.

___ They make the batter.

___ Ellie's mother says she will show her how to make pancakes.

___ They pour the batter.

___ They select a skillet.

___ Ellie want to make pancakes.

___ Ellie flips the pancake.

___ Ellie slides the finished pancake onto a plate.

___ Ellie enjoys her pancakes.

___ They heat oil in the skillet.

___ The batter begins to bubble.



Conversation Practice

Take turns practicing a conversation

Student A

Work together to make a paper snowflake

Student B

First, find materials to make a snowflake.

Materials:

- piece of paper
- ruler
- scissors

2. Then follow the step-by-step directions.

Step 1: Take a square piece of paper and fold it in half diagonally to make a triangle.

Step 2: Fold the triangle in half again to make a smaller triangle.

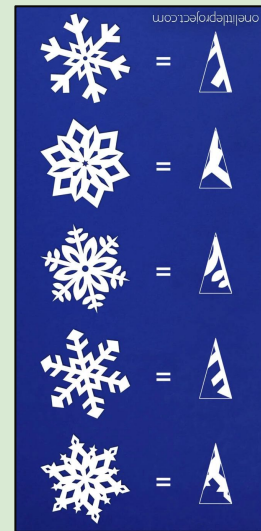
Step 3: Fold this smaller triangle into thirds.

Step 4: Then bring the left point towards the right by one third.

Step 5: Cut off the pointed ends so you have a small triangle.

Step 6: Cut your snowflake pattern into the sides of this small triangle.

Step 7: Unfold your snowflake carefully.



[How to make a paper snowflake](#)



Conversation Practice

Take turns practicing a conversation

Student A

Asking and answering questions with **Indefinite Pronouns**

Student B

1. Do you eat **something** healthy every day?
2. Is there **anything** you want to change about your diet?
3. Who is **someone** in your family who eats well?

1. Yes. I eat **something** healthy every day.
2. Yes. I want to eat more vegetables and less junk food.
3. My daughter does not eat meat anymore and wants to eat vegetarian or vegan meals only.



Practice speaking English every day!

See you next class.



CLICK ON ...

Leave Meeting