



*Good Evening!*

English for Speakers  
of Other Languages

*ESOL Online PM*

Week 26 - Spring 2026

Today is Tuesday, March 24th, 2026.



Worcester  
Adult Learning Center



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English for Speakers  
of Other Languages

## *ESOL Online PM*

**Week 26 - Spring 2026**

Today is Thursday, March 26th, 2026.



**Worcester  
Adult Learning Center**

# Healthy Habits



# Healthy Habits



## Agenda (for the week)

- News and Notes
- Healthy Habits
- Past Tense - reading
- Past Tense (ellii) continued
- Prepositions of Place and 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...

<p>R3C.2c. R3C.3a. R3C.4b. R3C.4c. R3C.6b.</p>	<ul style="list-style-type: none"> <li>Recognize <u>direct and indirect pronouns</u> (e.g., Nami has a job. She works at the hospital. / Ex: "I sent her the letter.")</li> <li>Identify the difference between <u>simple present and simple past</u> tense.</li> <li>Identify <u>regular</u> vs. <u>irregular past tense verbs</u>.</li> <li>Differentiate each type of <u>pronoun</u> or <u>possessive</u> in stories or activities (subject, object, possessive adjective, possessive pronoun, reflexive pronoun, indefinite pronoun).</li> </ul>	<ul style="list-style-type: none"> <li>Locating and/or identifying the various pronoun and possessive words in an activity (multiple choice, fill in the blank, etc.).</li> <li>Demonstrating comprehension by selecting the correct past tense verb in simple sentences (multiple choice, fill in the blank, etc.).</li> <li>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.</li> </ul>
<p>W3C.2a. W3C.3a. W3C.5a.</p>	<ul style="list-style-type: none"> <li>Write sentences using the correct form of <u>possessive</u> or <u>pronoun</u> (with provided examples).</li> <li>Write sentences using the <u>past tense</u>.</li> </ul>	<ul style="list-style-type: none"> <li>Writing sentences using each form of pronoun or possessive accurately.</li> <li>Writing sentences using a growing list of past tense verbs (regular and irregular).</li> <li>Writing sentences with subject-verb and pronoun-antecedent agreement. [Submitted as part of Journal Writing and/or Homework.]</li> </ul>
<p>L/S2A.1a L/S3B.2a. L/S3B.3a L/S3B.4a L/S3B.5a</p>	<ul style="list-style-type: none"> <li>Apply correct grammar format rules for <u>possessives</u> and <u>pronouns</u>.</li> <li>Understand and produce basic grammatical structures (e.g. <u>past</u> and future verb tense, basic prepositions, ... <u>direct pronoun</u> references)</li> <li>Ask and answer questions using various <u>possessives</u> and <u>pronouns</u> (using a model stem sentence provided).</li> </ul>	<ul style="list-style-type: none"> <li>Answering questions correctly when completing activity exercises (introduction, fill in the blank, matching, multiple choice, quiz, etc) related to various possessives and pronouns.</li> <li>Speaking sentences with subject-verb and pronoun-antecedent agreement.</li> <li>Speaking sentences using a growing list of past tense verbs (regular and irregular).</li> <li>Applying the correct form of a possessive or pronouns while participating in conversations with the teacher or other students.</li> </ul>

## 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=AfmR0oqzbrvo1AFDh57ol\\_1WSBvAv8irO27yzCASWni5RwnXX7R7z3L](https://sunbasket.com/blog/five-healthy-habits-that-you-can-stick-with?srsltid=AfmR0oqzbrvo1AFDh57ol_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)

# 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

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

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

# WHEN DO WE MEET AS A CLASS?

## APRIL 2026

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

Holidays and Observances: Easter Sunday (5), Easter Monday (6), Tax Day (15)

*Homemade*

## News & Notes

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- April 3rd - Non-School Day
- April 5th - Easter holiday
- April 15th - Taxes due
- **Spring Vacation**  
April 20th - April 24th

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



\*Based on NSF/ANSI Standard 53. ©2023 Brita is a trademark of Brita LP. See performance data sheet for specific ZeroWater Technology contaminant reductions.

## Cobbe Filtered Shower Head



EFFECTIVELY PURIFIES WATER WITH  
MEASURABLE RESULTS





# 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?**

## 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

**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





# 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**.

### 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!

**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.

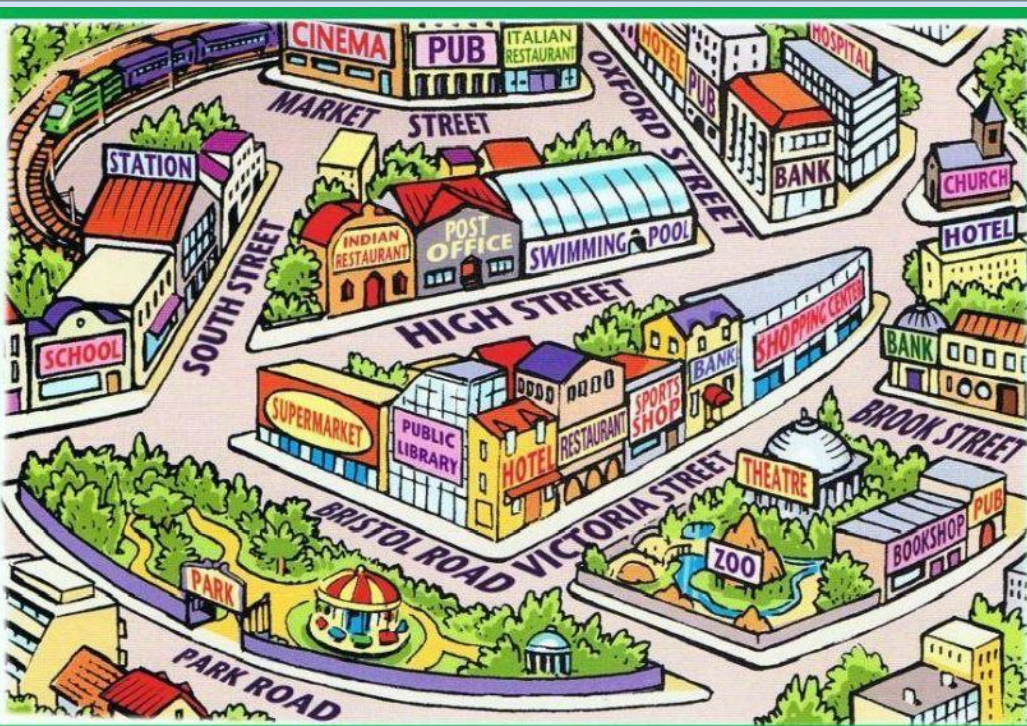
\_\_\_ The batter begins to bubble.



# Conversation Practice

## Work Together

### Prepositions of Place



Complete the sentences with the right preposition.  
 between - in front of - behind - next to - near

- 1) the supermarket is ..... library.
- 2) the post office is ..... the sports shop.
- 3) the pub is ..... the cinema and the Italian restaurant
- 4) the bank is ..... the swimming pool
- 5) the theatre is ..... the zoo
- 6) the bookshop is ..... the pub.
- 7) the restaurant is ..... the hotel and the sports shop .
- 8) the Indian restaurant is ..... the post office
- 9) the hospital is ..... the bank
- 10) the station is ..... the school



# Conversation Practice

## Work Together

### Prepositions of Place



Complete the sentences with the right preposition.

**between - next to - behind - across from**  
**on - on the corner of**

- The Chinese restaurant is  museum and the library.
- The Park is  the swimming pool.
- The supermarket is  the movie theater.
- The bakery is  the music store.
- The library is  of Main Street and Maple Street.
- The Italian restaurant is  Main Street.
- The police office is  the Italian restaurant.
- The drugstore is  swimming pool.
- The museum is  Chinese restaurant.
- The movie theater is  Davis Street.



**QUESTIONS?**



*Practice speaking English every day!*

See you next class.



*CLICK ON ...*

Leave Meeting