

ENGLISH CORNER MENU

Learning English Through Discussion

SLEEP

Dream: *noun:* 1. A series of events and images that happen in your mind while you are sleeping. *Example: I had a very strange dream last night.*

HOT TOPICS

When you live in another country – there are many differences and this can be quite stressful on your body. This stress can affect your sleep. This discussion is about dreams and sleep and dealing with stress.

Dream/Sleep

1. Share about a time you
 - a) nodded off
 - b) slept in very late
 - c) crashed: went to bed very early and slept for a long time
2. How would you tell someone that you need to have a rest or you need to get some fresh air?
3. Read, as a group, through the following responses and then role play someone who is desperate for a rest.
P1: What do you want to do this afternoon?
P2: I am feeling a little bit tired (weary/jaded) so....
(Choose one)
 - a) I might go and have a (cat) nap
 - b) I might go and have forty winks
 - c) I might go and have a lie down
 - d) I might go and have a short sleep
 - e) I might just put my feet up for a little while
 - f) I might catch up on some sleep
4. Do you think you sleep:
 - a) Too much
 - b) Not enough
 - c) Just right
5. How much sleep do you get each night (on average)? Is this more or less than when you were in your country?
6. What sleep differences have you noticed between people from your country and Australians?
7. Do you believe that dreams can help solve our problems? Do you try and understand the meanings of your dreams?
8. *Often we are not happy with the amount of sleep we get. The quality of sleep can be affected by many things - Strange environment – bed, house, noise; stress or being anxious about our life.*
9. In Australia what affects your sleep?
10. What are you worried about at the moment?

In the book of Philippians, in the Bible it is written:
'Always be glad because of God! I say it again: Be glad. Always be gentle with others. Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God.'

Write down some of your worried thoughts: E.g., 'I will never improve my English'; 'I will never find a good person to marry'.
Now turn these thoughts into prayers, and give them to God.
For example: *God please help me to....*

Vocabulary

Stress: feelings of worry caused by difficult things.

Affect: To influence someone or something, or cause to change.

Insomnia: when you find it difficult to sleep.

Worry: to think about problems in a way that makes you feel anxious.

Anxious: worried and nervous.

ENGLISH CORNER MENU

Learning English Through Discussion

SLEEP

Dream: *noun:* 1. A series of events and images that happen in your mind while you are sleeping. *Example: I had a very strange dream last night.*

HOT TOPICS

When you live in another country – there are many differences and this can be quite stressful on your body. This stress can affect your sleep. This discussion is about dreams and sleep and dealing with stress.

Dream/Sleep

1. Share about a time you
 - a) nodded off
 - b) slept in very late
 - c) crashed: went to bed very early and slept for a long time
2. How would you tell someone that you need to have a rest or you need to get some fresh air?
3. Read, as a group, through the following responses and then role play someone who is desperate for a rest.
P1: What do you want to do this afternoon?
P2: I am feeling a little bit tired (weary/jaded) so....
(Choose one)
 - a) I might go and have a (cat) nap
 - b) I might go and have forty winks
 - c) I might go and have a lie down
 - d) I might go and have a short sleep
 - e) I might just put my feet up for a little while
 - f) I might catch up on some sleep
4. Do you think you sleep:
 - a) Too much
 - b) Not enough
 - c) Just right
5. How much sleep do you get each night (on average)? Is this more or less than when you were in your country?
6. What sleep differences have you noticed between people from your country and Australians?
7. Do you believe that dreams can help solve our problems? Do you try and understand the meanings of your dreams?
8. *Often we are not happy with the amount of sleep we get. The quality of sleep can be affected by many things - Strange environment – bed, house, noise; stress or being anxious about our life.*
9. In Australia what affects your sleep?
10. What are you worried about at the moment?

In the book of Philippians, in the Bible it is written:
'Always be glad because of God! I say it again: Be glad. Always be gentle with others. Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God.'

Write down some of your worried thoughts: E.g., 'I will never improve my English'; 'I will never find a good person to marry'.
Now turn these thoughts into prayers, and give them to God.
For example: *God please help me to....*

Vocabulary

Stress: feelings of worry caused by difficult things.

Affect: To influence someone or something, or cause to change.

Insomnia: when you find it difficult to sleep.

Worry: to think about problems in a way that makes you feel anxious.

Anxious: worried and nervous.