



MY PART-TIME JOB IS KILLING ME

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PDF 1: Warm-up + Dear AI Letter

Title: My Part-Time Job Is Killing Me

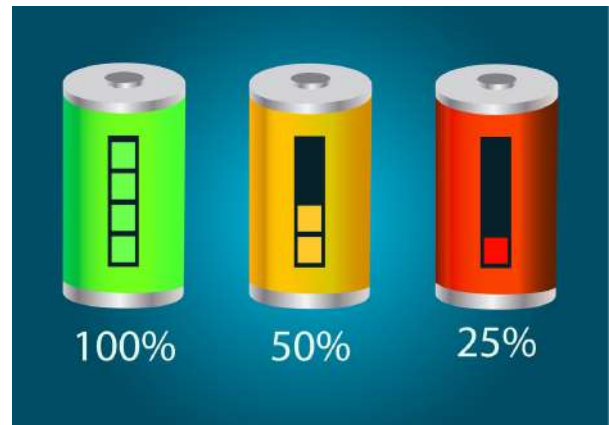
Warm-up Questions (Pair work – 8 min)

1. On a scale of 1–10, how tired or stressed are you after school/work? Why?
2. Do you have a part-time job or after-school activities? What do you do?
3. What makes a job feel exhausting? (long hours, standing all day, rude customers, balancing with school...)
4. What things help you relax after a busy day?

Energy Battery Activity

Draw a battery on the board. Students label it:

- Full charge = full of energy and happy
- Low charge = tired and stressed
- Dead battery = “My part-time job is killing me!”



Dear AI Letter (Reading – 10 min)

Dear AI,

My part-time job is killing me 😞

I work at a busy cafe after school and on weekends. I thought it would be cool to earn some money, but it's actually exhausting. I'm running around all the time with heavy trays, cleaning up messes, and dealing with rude customers who complain about everything. My feet hurt so much, my back is killing me, and when I finally get home I have zero energy left for homework or hanging out with friends. I just collapse on my bed.

Everything feels too much right now. I'm always tired, stressed, and I keep thinking “I need a break!” but there's never time.

Please help me!

From,

Mia

Explanation box:

“Everything feels too much” = I feel overwhelmed and can't handle anything else.
It's a common way to say you're very stressed and exhausted.