



## THINK & SPEAK

### 1. Warm-up: Think & Speak (5–8 minutes)

Used to...

- I used to \_\_\_\_\_, but now I don't.
- When I was a child, I used to \_\_\_\_\_.

👉 Pair share & one example to the class

### 2. Guided Discussion: Modern Life (10 minutes)

Choose or add five items, then explain one in pairs or small groups:

- Things people waste time/money on
- Bad habits people should stop

Pick 5 items from the lists (or add your own).

In pairs, explain one choice with a short reason.

Whole-class feedback: discuss 2–3 examples of “wasted time/money” and “bad habits.”

#### Things people waste time/money on

- buying expensive gadgets they don't need
- scrolling social media for hours
- ordering fast food too often
- paying for unused gym memberships
- shopping for clothes they rarely wear

#### Bad habits people should stop

- smoking cigarettes
- procrastinating important tasks
- spending too much time online
- going to bed very late
- complaining instead of solving problems

### Follow-up Discussion Questions

1. Which wasted expense is most common among young people today?
2. Which bad habit is hardest to stop, and why?
3. Do people waste more time online or offline?
4. Which habit would improve life the fastest if people stopped it?
5. Is wasting money worse than wasting time?
6. What new habits could replace the bad ones?
7. How do cultural differences affect what people consider a waste?

### 3. Grammar Boost: Third Conditional (10 minutes)

Fill the gaps and discuss in pairs / groups.

- If I had studied more, I would have \_\_\_\_\_.
- If we had planned better, we would have \_\_\_\_\_.

### 4. Vocabulary Support: Phrasal Verbs (10 minutes)

Make a sentence with each phrasal verb and discuss your sentences with a partner.

- give up \_\_\_\_\_
- look forward to \_\_\_\_\_
- turn on \_\_\_\_\_
- find out \_\_\_\_\_
- run out of \_\_\_\_\_