



## PDF 1 – Warm-up & Reading

### Warm-up (10 minutes)

#### Questions (pair work – 4 minutes)

1. Do you usually do your homework immediately or later?
2. What things do you often leave for “later”?
3. How do you feel when you procrastinate too much?

### Fun Warm-up Activity – “Later or Now?” (6 minutes)

Write these on the board:

- Do homework
- Clean your room
- Reply to messages
- Study for a test
- Do the dishes

Students walk around and ask: “Do you do this now or later?” Quick feedback.

### Reading – Letter to Dear AI (Complaint)

Dear AI,

My name is Mia. I have a big problem. I always procrastinate! Yesterday I had a lot of homework. I said “I’ll do it later” and started watching videos on my phone. Two hours later I was still on my phone and my homework was not done. Now I feel stressed.

I do this every day. I make plans but I never follow them. I know it’s bad, but I can’t stop. What can I do?

From Mia

### Comprehension Questions

1. What is Mia’s problem?
2. What did she say yesterday?
3. What did she do instead of homework?
4. How does she feel now?
5. Does she make plans?

#### Vocabulary Introduction

- procrastinate = do things later instead of now
- later = not now, in the future
- stressed = worried and tense
- plan = something you want to do
- follow a plan = actually do what you planned
- motivation = the feeling that makes you want to work
- immediately = right now
- task = a small job