



Lesson 58: Early Birds and Night Owls

Exercise 01

Vocabulary

early bird	(N)	a person who gets up early	The early bird catches the worm.
night owl	(N)	a person who enjoys staying up late and being active at night	You can call me after midnight because I'm a night owl .
stay up late (at night)	(Phrase)	to go to bed later than usual	He looks sleepy. He must have stayed up late at night yesterday.
stay up all night	(Phrase)	to stay awake all night	I love to stay up all night with my friends.
way	(ADV)	very, to a great extent	That movie was way more boring than I expected.
important	(ADJ)	useful, valuable	When shopping, the most important factor to me is the price.
the early bird catches the worm	(Phrase)	the person who does something immediately or before others will have an advantage	She was praised by Teacher Ozaki and got bread because she came to the school first among all of them. The early bird catches the worm.

Exercise 02

Dialogue Practice

Read the dialogue aloud with your teacher.

Jane is at Jess's house. They are talking about how to spend the evening.



Jane

Good evening. How are you?



Jess

Just great, and ready for the night.





Jane

What will you do tonight? Can I join you?



Jess

You always go to bed early, Jane. I'm planning to watch several movies, maybe study a little bit, read some books, take a bath...



Jane

So you are one of those people who loves to stay up late? People who stay up all night are called night owls, you know.



Jess

Sometimes, if I am not too tired. I really enjoy it. I think night-time is way calmer and quieter. It is peaceful. How about you?



Jane

Well, for me, it is so hard to stay up all night.



Jess

I guess coffee would help. Anyway, you have an important meeting at work tomorrow, so you should probably go to sleep early tonight.



Jane

Yes, I will be an early bird tomorrow. I have a lot to prepare to make sure that the meeting will be successful.



Jess

Yeah, the early bird catches the worm.



Check your understanding:

- Why does Jess like staying up all night?
- Does Jane like staying up late?
- Why should Jane go to sleep earlier tonight?

Exercise 03**Role Play**

Role-play the following situation with your teacher.

Situation:

- You are a night owl, while your teacher is an early bird.
- Discuss the good and bad sides of both lifestyles.

Exercise 04**Discussion**

- 1) Are you the type of person who is active during the day or at night? Why?
- 2) How can staying up all night be harmful to a person's health?
- 3) Some children stay up on Christmas night. Why do you think they do this?
- 4) Which do you enjoy more: the silence of night or the calmness of morning? Why?

