

Song: "Treat yourself" / Classroom activities

- 1 Fill in the gaps with words in the box so that the sentences are true for you. PRE-LISTENING**
Then compare with a partner.

always normally often sometimes never

- a I _____ eat dessert. e I _____ have a nap.
b I _____ work too much. f I _____ snack all day.
c I _____ get a massage. g I _____ watch too much TV.
d I _____ exercise. h I _____ work without breaks.

- 2 Listen to the song and answer the questions. ▶ CD II / 22 LISTENING**

- a What was the singer's problem? _____
b What was the solution? _____
c How does she feel now? _____

- 3 Listen again and check your answers in Step 2. Then compare with a partner. ▶ CD II / 22**

- 4 Listen again and tick the things the singer treats herself to. ▶ CD II / 22**

- a power naps d dessert
b junk food e going to the gym
c face massages f a new TV

- 5 Tell your partner about the last time you treated yourself: Where did you go? POST-LISTENING**
What did you do? Did you eat or drink anything special?

- 6 Fantasy treats! Everyone in the class writes their name on a piece of paper and puts it in a box. Now pick a name and write down a treat you are going to give that person, and why. Read them aloud to the class. Do you like your treat? Remember, this is just for fun, so be as crazy as you like!**

dinner

flowers

a spa day

a day out

a present

I'm going to treat my teacher to a pizza at Giovanni's restaurant because ...

