

A red and white Volkswagen Type 2 van is parked on a dirt road in a tropical setting. The van is facing left and has a license plate that reads "10011844". The background is filled with lush greenery, including many tall palm trees and dense foliage. The sky is a clear, bright blue. The entire scene is framed by a thin black border.

# Topic

## Conversation for Intermediates

E4





Describe  
the  
pictures.





Today's Topic

# Habits

Habits are something that you do often and regularly, sometimes without knowing that you are doing it.



# TARGET LANGUAGE

- In this lesson, we will **talk about habits**:
  - learn words/expressions/phrases related to the topic;
  - make sentences related to the topic;
  - answer questions and share ideas related to the topic.

## Key phrases:

habit  
break the habit  
routine  
practice

## Key Sentences

Read and share your opinions.

1. She has a **habit** of playing with her hair when she's nervous.

Q1. Do you have any similar habits when you are nervous?

Q2. What's one bad habit you wish you could easily change?





## Key Sentences

Read and share your opinions.

2. Try to **break the habit** of adding salt to your food at the table.

Q1. Have you been successful in breaking the habit of something? What was it?

Q2. What bad habits bother you the most?



## Key Sentences

Read and share your opinions.

### 3. The visit was clearly going to disrupt our daily **routine**.

Q1. How do you manage your daily routine when you have some visitors?

Q2. What kind of daily routine do you like to do?



## Key Sentences

Read and share your opinions.

### 4. The **practice** of dumping waste into the sea was prohibited.

Q1. Is this practice also prohibited in your country?

Q2. What kind of practices would you like to see in your hometown?





## Vocabulary

Sum up and make sentences with the words.



### habit

something that you do regularly or usually, often without thinking about it



### routine

your usual way of doing things, especially when you do them in a fixed order at the same time



### break the habit

to stop doing something that you usually do



### practice

something that is usually or regularly done, often as a habit, tradition, or custom

## Vocabulary Check

Choose the correct words to complete the sentences.

routine

practice

break the habit

habits

1. I struggled to \_\_\_\_\_ of biting my nails whenever I'm nervous.
2. He developed some bad \_\_\_\_\_ while living alone.
3. Most doctors have a \_\_\_\_\_ of visiting patients.
4. The \_\_\_\_\_ of throwing cigarette butts in the street is not allowed.

## Review

Fill in the blanks with the given letter.

All of us have one or two unpleasant **h** 1 . While most have never thought about **b** 2 , there are some who try to get rid of them.

So why should we break bad habits?

1. Bad habits could lead to health problems.
2. They could make us more stressed.
3. They could make our life miserable.

Our habits define the lifestyle we have. If you are aiming to live healthier than now, you should start including some good **p** 3 as a part of your daily **r** 4 .



## Free Talk

Think about the questions and share your opinions.

Put  if it's a good habit and put  if it's a bad habit.

- |   |  |
|---|--|
| <input type="checkbox"/> Picking your teeth in public | <input type="checkbox"/> Checking phones while eating      |
| <input type="checkbox"/> Eating a balanced diet       | <input type="checkbox"/> Being punctual                    |
| <input type="checkbox"/> Doing regular exercise       | <input type="checkbox"/> Skipping breakfast                |
| <input type="checkbox"/> Stress eating                | <input type="checkbox"/> Smoking packs of cigarettes a day |
| <input type="checkbox"/> Staying up late              | <input type="checkbox"/> Following rules                   |

Q1. Which bad habit do you think would be the most difficult to get rid of? Why?

Q2. What are some of your good and bad habits?

## Free Talk

Read and share your opinions.

### How to Build a New Habit:

- Start with an incredibly small habit.  
(Make it so easy so that you can't say no.)
- Increase your habit in very small ways.
- As you build up, break habits into chunks.
- When you slip, get back on track quickly.
- Be patient. Stick to a pace you can sustain.
- Motivate yourself to have a new habit in 21 days.

Have you ever developed a new habit? How did you do that ?