



SMART JUNIORS 2

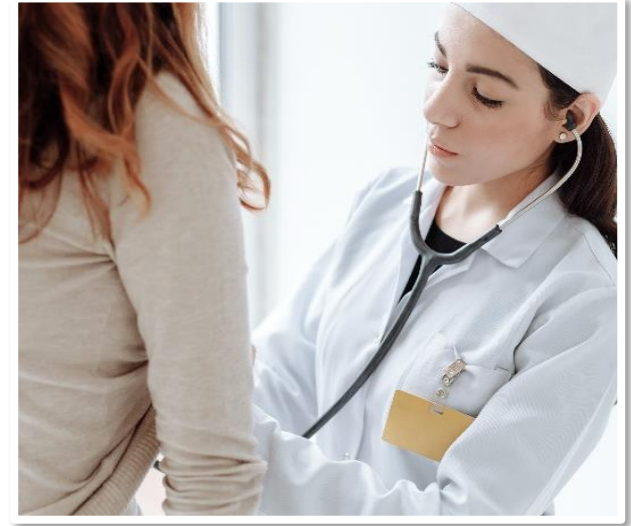
Dealing with Aches and Pains

Lesson 18

Grammar Station II



- In your opinion, what is the best way to deal with sickness?



_____ is the best way to deal with sickness.

The -ing Form as Subject

The **subject** tells us the doer of the action or what/who is being talked about.

- We often use the **-ing** form as the subject of a verb:

Sleeping is a good way to relieve stress.

▲
subject

Exercising regularly can be good for weight loss.

▲
subject

- We can use **a noun** with the **-ing** form:

Eating healthy food is important to stay healthy.

▲
subject

Taking a nap allows your body and mind to relax.

▲
subject

Have a try!

Write an appropriate -ing word to complete each sentence.

1. _____ honey tea is good for a sore throat.



2. _____ a massage can help ease aches and pains.



3. _____ a deep breath helps you relax.



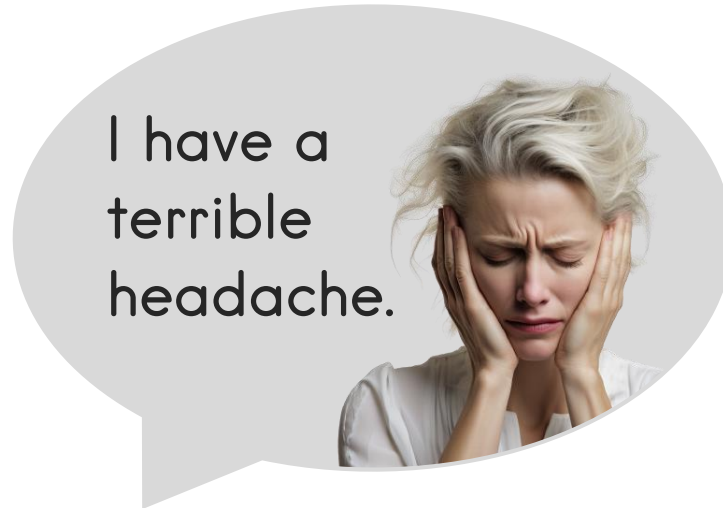
4. _____ is important before the race starts.



PRACTICE TIME

- Respond to the following people by using the **-ing form as subject**.







ex. Watching a movie is a good idea.

Conjunctions + -ing

- A **conjunction** is a word that joins words and phrases together.

before

after

since

when

while

- Conjunctions have different uses and they can be followed by an **-ing** form.



Timothy listens to music **while writing** poems.

conj.

He washes his hands **before eating** lunch.

conj.



Conjunctions + -ing

■ before / after + -ing

shows what happens first and what happens second

We went to the doctor before buying some medicine.
first action *second action*

We bought some medicine after going to the doctor.
second action *first action*

■ since + -ing

shows when an action began

I have been feeling better **since** **taking my medicines.**

(I started feeling better when I started taking my medicine.)



Have a try!

Choose the correct conjunctions.

1. I make my bed (before, after) getting up in the morning.
2. I eat breakfast at home (before, since) going to the office.
3. (Since, Before) drinking coffee in the morning, I've been feeling more energetic.
4. I read my favorite book, (before, after) going to bed.



Conjunctions + -ing

■ when + -ing

two short actions happen at the same time



I dropped my wallet **when** getting off the bus.

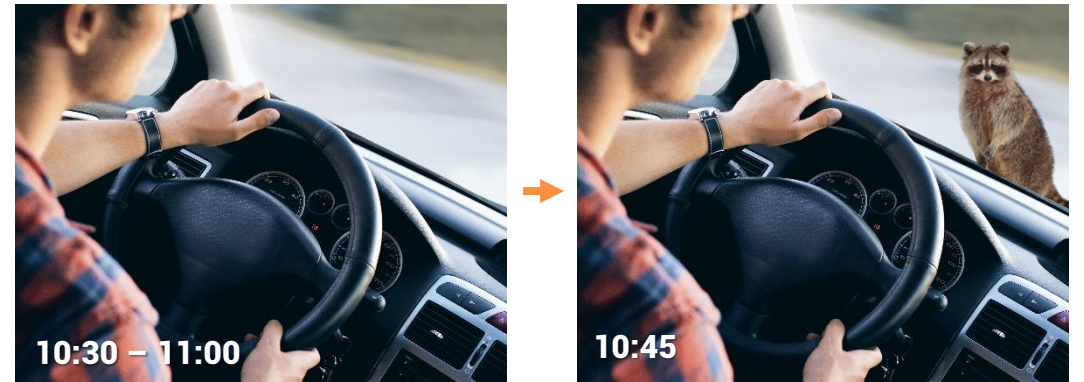
short action

short action

(I got off the bus and I dropped my wallet at the same time.)

■ while + -ing

an action happens in the middle of a long action



I saw a raccoon **while** driving around the town.

short action

long action

(I drove for some time. I saw the raccoon during that time.)

PRACTICE TIME

- Circle the best conjunction to combine the two sentences. Use the structure **conjunction + -ing**.

1. Borrow the pen. Give the pen back. (*before* / *after*)

Give the pen back after borrowing it.

2. I take a nice hot bath. I go to sleep. (**before** / **after**)

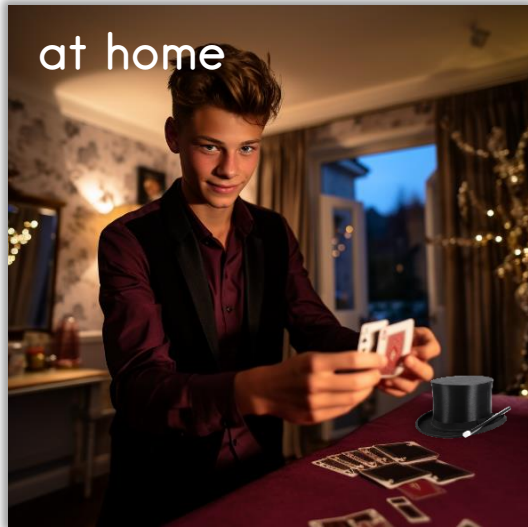
3. I am buying a new chair. I have been studying more comfortably. (**since** / **when**)

4. I found a new restaurant. I was running around the park. (**when** / **while**)

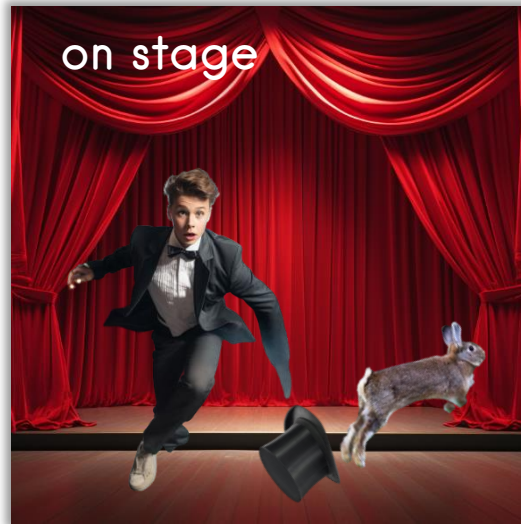
5. Visit a doctor. It is important to say what you feel. (**when** / **while**)

PRACTICE TIME

- David is joining a school talent show. Create a story based on the given pictures and give your own ending to the story. Use the **conjunction + -ing form**.



David practiced his magic tricks before _____ing the school's talent show.



When _____ing...



While _____ing...

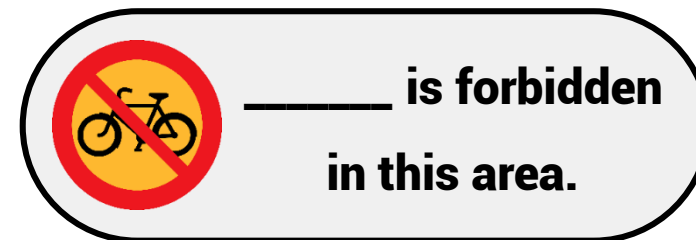
The -ing Form in Signs and Notices

- Signs and notices should be short and interesting. They use the **-ing** form to grab your attention.



 **Have a try!**

Complete the signs and headlines below by adding an **-ing** word.



■ Choose the correct word.

Hello Anna,

I met and talked to your mom yesterday (**while, since**) shopping.
She told me you have been very sick (**since, before**) playing tennis.
I also felt the same last year three days (**while, after**) playing tennis.
This is what my doctor told me:

1. (**To drinking, Drinking**) a lot of water is good for staying hydrated.
2. (**Apply, Applying**) ice can help reduce the pain in your arms.
3. (**Exerciseing, Exercising**) gently can help to reduce pain.
4. (**Geting, Getting**) enough rest allows your body to repair itself.

I hope this list can help you. Let's play tennis someday!

Your friend,
Remy





The -ing Form as Subject

We often use the **-ing** form as the subject of a verb.

Swimming is my favorite form of exercise.

▲
subject

We can use a **noun** with the **-ing** form.

Reading a book daily is good for learning.

▲
subject

! You often see **-ing** in signs and notices:

No **smoking** in this area.

Danger: **Falling** Ice and Snow

Conjunctions + -ing

A **conjunction** has different uses and they can be followed by an **-ing** word.

I went shopping **before** **baking** the cake.

I baked the cake **after** **shopping**.

She hasn't been ill **since** **taking** medicines.

My purse fell **when** **getting** off the train.

Max hurt his knee **while** **jogging**.



WHAT'S NEXT...

In the next lesson, we're going to start a new unit:

“Moon Exploration or Earth Preservation: A Dilemma.”

See you next time!