

# Lesson 1 New Year, New Me

## ◆ 의사소통 기능

### •의도 표현하기

A: Do you have any special goals for this year?

B: Yes, I'm planning to exercise more.

### •격려하기

A: I want to perform at the school festival.

B: Sounds great. You can do it!

## ◆ 언어 형식

### •접속사 if

**If** you use your smartphone late at night, your brain will stay active.

### •의문사+to부정사

Let's find out **what to do**.

## Listen and talk

A1

G: Leo, do you have any special goals for this year?

B: Yes, I'm planning to exercise more.

G: Good for you! What kind of exercise do you want to do?

B: I want to play badminton. Do you like badminton?

G: Yes, I love it. Let's play together sometime.

B: Sure!

A2

B: Emma, what are you going to do this Saturday?

G: Nothing special. Why?

B: I'm planning to go to a K-pop concert. Do you want to join me?

G: Wow, I'd love to! What time is the concert?

B: It starts at 6 p.m.

G: Okay. I can't wait.

A3

G: I'm learning to play the guitar these days. My friend Minji is teaching me.

B: Who is Minji?

G: She is the guitarist in the school band.

B: Cool! Maybe you can perform in the future.

G: Yes. Actually, I want to perform at the school festival.

B: Sounds great. You can do it!

B

Jinsu: Nicole, what are your goals for this year?

Nicole: I'm planning to read 30 books. I tried last year but didn't make it.

Jinsu: That's a big goal.

Nicole: Yes, I really want to do it this time.

Jinsu: You can do it! Just read a little every day.

Nicole: Okay, I will. What are your goals, Jinsu?

Jinsu: I'm planning to run for the election. I want to become class president.

Nicole: You're good at listening to people. You'll be a great leader.

Jinsu: Thank you for saying so.

Nicole: You're welcome. I hope we can reach our goals.

## Enjoy the clip

B: Hi, everyone! I'm Hans from Germany. Do you ride a bike often? In my country, we have bike classes at school. We also have a road safety test to ride a bike on the road. This Saturday, I'm planning to ride a bike with my little sister. She's going to have the road safety test soon, so we will practice together. Do you have any special plans for the weekend? I'd love to hear from you.

## Review

G: Nick, what are you planning to do this Sunday?

B: I'm planning to see a movie.

G: What movie are you going to see?

B: The new sports movie, King of the Field .

G: That sounds fun.

## 1과 본문

**Better Sleep, Better life**

Welcome back to school. How do you feel today?

Did you sleep well last night? Sleeping well can give you energy for the new school year. Now, check your sleep habits with the list.

I ...

- go to bed at different times
- drink a lot of energy drinks
- use my smartphone before sleeping
- sleep less than 8 hours a day
- eat before bedtime
- take long naps

How many habits did you check? These habits may cause sleep problems. Do you think you need a change? Let's find out what to do.

**Have a regular sleep pattern.**

Your body has a "clock." The body clock tells you when to wake up and sleep. For example, in the morning, your body starts to feel lively. At night, your body starts to feel sleepy. Listen to your body clock and sleep regularly. You will feel healthier.

**Be careful about caffeine.**

Caffeine can cause sleep problems. Do you know that even chocolate has caffeine? Caffeine hides in many foods and drinks such as chocolate, coffee, tea, soda, and energy drinks. So, be careful!

**Move your body actively.**

Exercise during the day. Then, your body will feel a little tired, and you will fall asleep easily at night. Remember to finish exercising a few hours before bedtime. If you finish it right before bedtime, your body may feel too awake. You may not fall asleep easily.

**Stop using your smartphone before bedtime.**

If you use your smartphone late at night, your brain will stay active. The blue light from the phone will also tell your brain, "Hey, don't sleep yet." To sleep well, don't use your phone right before bedtime.