

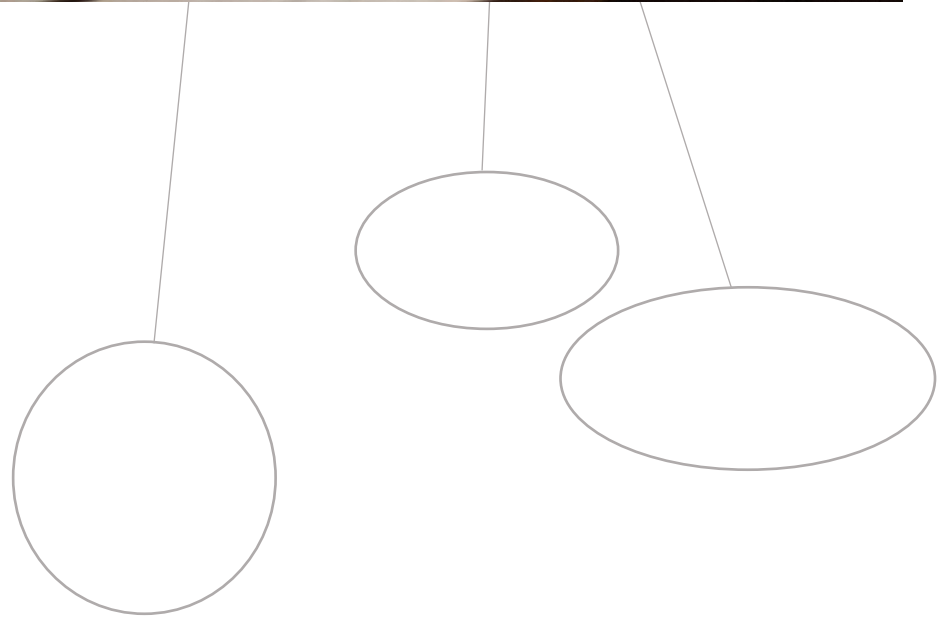
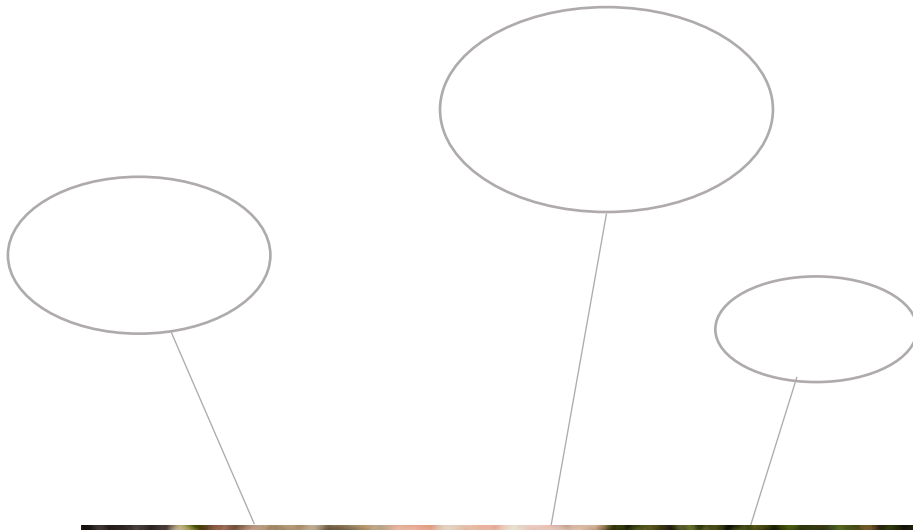
GIRAMONDO

lesson plan

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Worksheet | 1



PROCRASTINATION

PROCRASTINATION

Worksheet | 2

THINGS I NEED TO DO

THINGS I ACTUALLY DO

PROCRASTINATION

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You can't just
turn on creativity
like a faucet.

Never put off till
tomorrow what may as
well be done the day
after tomorrow.

Time you enjoy
wasting is not
wasted time.

The main trigger of
procrastination is
boredom.

Procrastination helps
me concentrate fully
when the deadline is
drawing near.

Procrastination can
be a good thing
(if you do it right).

PROCRASTINATION

Procrastination

conversation lesson

level: pre-intermediate (A2)+

class: group

time: 60 min.

skills: speaking

Warm up

1. Show your students the picture in worksheet 1 and **let them guess** what they think your today's topic is: 'procrastination'. Make sure everyone knows what the word means. If not, let other students explain.
2. Using the bubbles in worksheet 1, **brainstorm vocabulary** related to procrastination. First, students do this on their own, then as a group. Let each student explain why they chose at least one of the words in their worksheet. Elicit expressions like 'put off', 'postpone', 'prioritize' etc. if the students don't come up with them themselves as they'll need them later on.

When I procrastinate

3. Have a general **discussion**: 'How often do you put off tasks? Would you like to change that or are you ok with that? And are your boss/colleagues ok with that?'
4. For the next activity, you'll need a set of **post-its**, ideally in a small-sized format. Hand out the post-its among students and have them write their usual daily activities on them, both work-related and leisure ones. If you know your students' daily routines a bit, you may prepare a few in advance to give examples.
5. Now, hand out worksheet 2 to each student and let them **stick** the post-its **onto the two circles**: things they need to do and things they actually do on their usual working day. Then, using their worksheet as a prompt, they answer these questions: 'What does your usual working day look like in terms of procrastination? What's your favourite task to put off? When did you last procrastinate? What were you supposed to do and what did you actually do instead? What happened as a result?'

If you teach a large group, you may want to print out the questions on cards and have students discuss them in pairs rather than as a group.

GIRAMONDO

Lesson plan

Anonymous procrastinators

6. Find **infographics** with tips on how to overcome procrastination online (try googling 'how to stop procrastinating infographic'). The visual aspect is important as it helps to store new vocabulary in memory. After you look at a few, ask your students why they think each of the tips might help. Help with any difficult language at this stage.
7. Then, let everyone share their own **favourite tip** to beat procrastination (encourage them to come up with new tips that are different from the ones in the infographic) and vote for the best one as a group.
8. Now that they have some useful tips in store, the students are ready for a role-play activity called **Anonymous Procrastinators**. Each of them shares a specific procrastinating problem they have (either real or made-up), the others give advice.

As I see it, ...

9. If you have the time, **cut out cards** with statements from worksheet 3, put them face up on the table, choose them one by one and either as a group or in pairs discuss if you agree with each statement or not.

Cooler

10. Each student retells the tip to beat procrastination they liked best, using a new word they learnt that day.