

# Running on Empty

Idiom of the month

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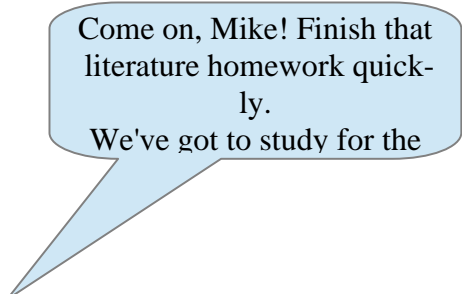
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## 1. Tick 5 things that you need a lot of energy to do.

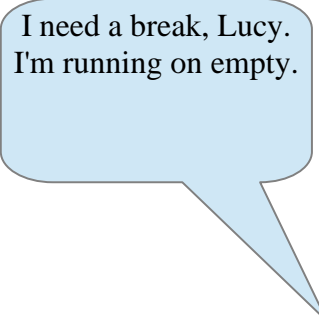
- a. Play sport
- b. Watch TV
- c. Study for a test
- d. Go to the gym
- e. Scroll social media
- f. Run 5km
- g. Clean your bedroom

Answers: Tick a;c;d;f;g

## 2a. Read



Come on, Mike! Finish that literature homework quickly. We've got to study for the



I need a break, Lucy. I'm running on empty.

## 2b. Complete with the idiom of the month.

When someone is \_\_\_\_\_, they have zero energy.

Answer: When someone is running on empty, they have zero energy.

*Cars and people both need fuel to function. Cars need petrol and people need food for example. When a car doesn't have any petrol, we say that the fuel tank is empty. When people don't have any energy left we say that they are 'running on empty'. This is because they are still 'working' without fuel but they can't work well.*

**3.Circle 5 more things that people need to function well.**



Answers: circle water; sleep; relaxation; sunlight and regular exercise.

**4. What 'fuel' do you give your body? Write five things you do to make sure you always have enough energy.**

Sample answer:

Every day I eat fruit and vegetables; I take my dog for a walk sometimes; I relax after dinner; I play volleyball twice a week and I go to bed before 10pm.

**5. Work with a partner. Ask and answer.**

Student A: What do you do to make sure you always have enough energy?

Student B: I ...

Answers will vary:

/ On a sign/ **Refuel! Take a break!**

