

Running on Empty

Idiom of the month

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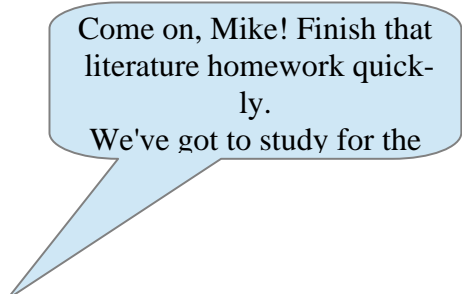
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1. Write 5 more things that you need energy for.

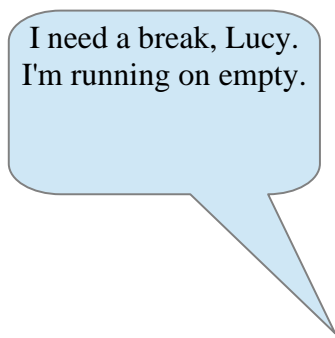
- a. Playing sport
- b.
- c.
- d.
- e.
- f.

Sample answers: b. studying; c. working; d. socialising; e. doing household chores; f. walking (the dog/ to school)

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. Write at least 5 more things that people need to do to make sure they have enough energy.

EAT HEALTHY FOOD

Sample answers: drink water; sleep at least eight hours a night; avoid junk food; take the time to relax, get plenty of fresh air and sunlight and, take regular exercise.

4. Describe a time that you felt like you were *running on empty*. Remember to say why you felt this way and what you did to fix the situation. Max 100 words.

Sample answer:

I felt like I was running on empty at the end of last term. We had a lot of exams and I had to spend hours studying for them. One day I was so tired that I decided to take the afternoon off. I went for a long walk in the woods, listened to some music and then went to bed really early. I felt much better the next day and now I always take a break if I need one.

5. Work in groups. Create a class poster that tells students what to do if they feel like they are *running on empty*.

Answers will vary but may include advice such as: talk to a teacher/parent/friend; take a break; eat more healthily; go for a run; watch a film; prepare a realistic schedule for all the things you have to do; have a lovely cup of tea.

