

NAME: _____

DATE: _____

READING

Make Your Bed and Change the World!

Vocabulary Preview



- Match the words on the left with the meanings on the right.

- | | | |
|-----------------------|----------|--|
| 1. change (v.) | <u>E</u> | A. why something happens |
| 2. admiral | _____ | B. to stop doing something difficult |
| 3. navy | _____ | C. boats and ships that protect a country |
| 4. difficult | _____ | D. to think another person has a good idea |
| 5. give up (v.) | _____ | E. to make something become different |
| 6. agree (v.) | _____ | F. a high rank or position in the navy |
| 7. make your bed (v.) | _____ | G. not easy |
| 8. reason | _____ | H. to make your bed look nice |

- Use the above words to complete the sentences. Change the forms of verbs and nouns when necessary.

1. I don't think English is difficult. I think it is easy!
2. We are losing the basketball game, but I don't want to _____.
3. Jennifer says the new movie is really good. I _____ with her.
4. I want to become a better student. I want to _____ myself.
5. Do you want your bedroom to look nice? Then _____.
6. My father is not a general in the army. He is an _____ in the navy.
7. A: Why is John at home? B: He's sick. A: That's a good _____.
8. Sam is a soldier in the army, but I want to be a sailor in the _____.

- Choose any two of the above words and write your own sentences.

1. _____
2. _____

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READING

Topics: Household Chores / Daily Activities

Make Your Bed and Change the World!



Do you want to **change**¹ your life and change the world to make it a better place? William McRaven is an **admiral**² in the United States **navy**³ and he has some good ideas about how to do this. He says don't be afraid to try new things that are **difficult**⁴. Also, he says never **give up**⁵, never quit when something is difficult. Many people **agree**⁶ that these are very good ideas. But, Admiral McRaven also has another idea. His idea is very different. He says that you must **make your bed**⁷ every morning to change the world. He gives two **reasons**⁸ for this. First, after you make your bed you will want to do more work, and then more work ... and then more work. This is important because you must do lots of work when you want to change the world. Second, sometimes work or school is not easy and you will feel bad – but when you come home and see a beautiful bed, you will feel happy. Then, when you are happy, you will not be afraid to try difficult things tomorrow. Tomorrow, you will go back to work or school and feel great. Make your bed every day, says Admiral McRaven, and you can change your life and change the world!

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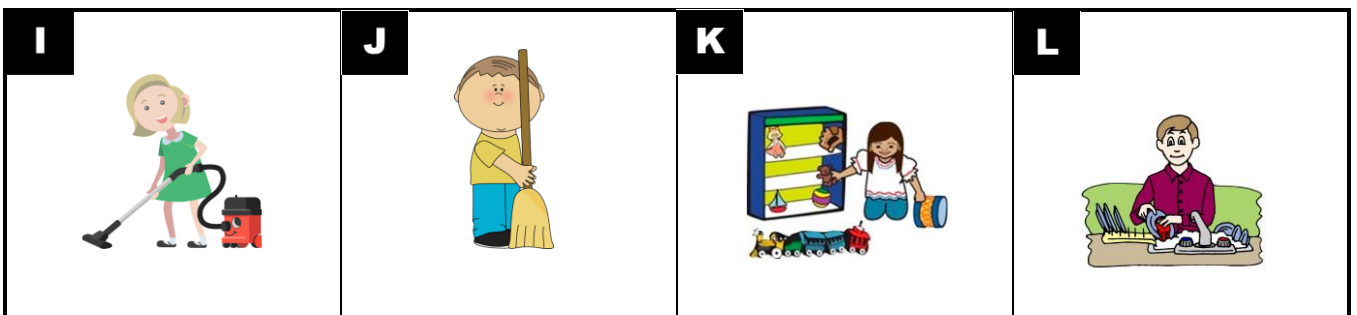
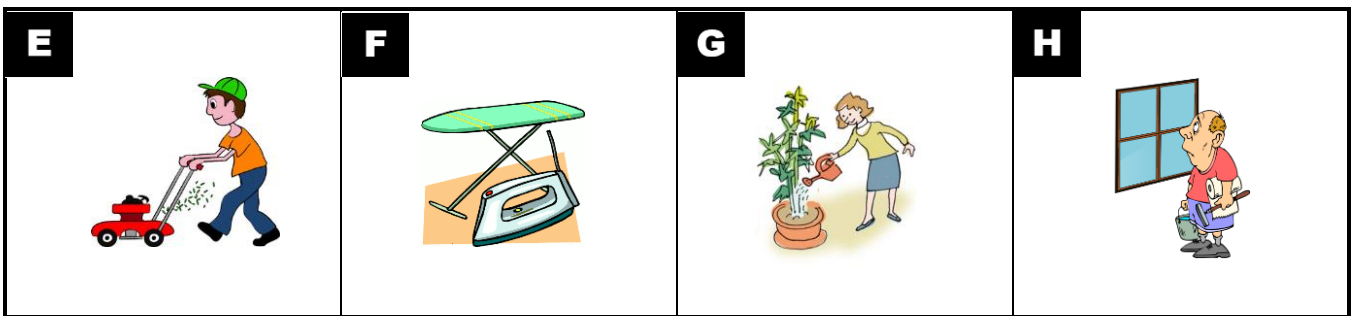
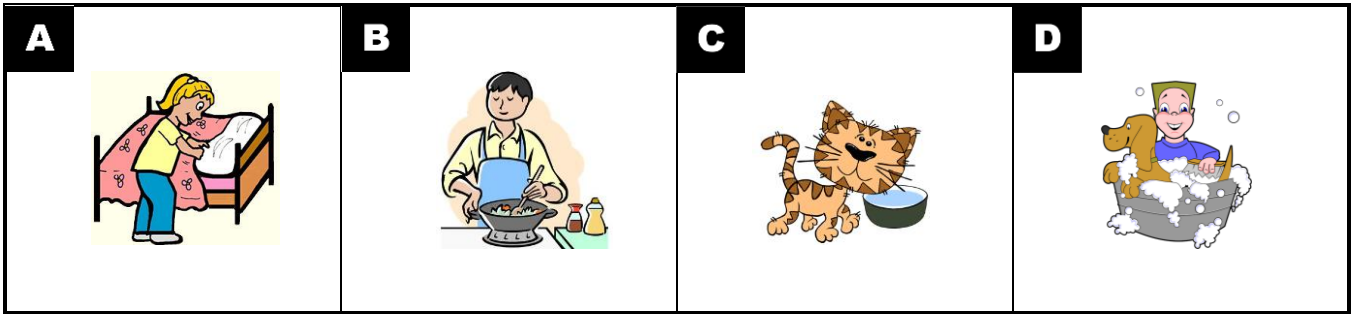
READING

Spelling and Vocabulary Practice

Make Your Bed and Change the World!

- Listen to your teacher and write the missing vowels: a / e / i / o / u
Then match with the pictures.

- | | | | |
|-------------------------|--------------|------------------------------|-------|
| 1. c_o_o_k d_i_nn_e_r | <u> B </u> | 7. sw___p th___ fl___r | _____ |
| 2. cl___n ___p | _____ | 8. v___c___m | _____ |
| 3. c___t th___ gr___ss | _____ | 9. w___sh th___ d___sh___s | _____ |
| 4. f___d th___ c___t | _____ | 10. w___sh th___ d___g | _____ |
| 5. ___r___n cl___th___s | _____ | 11. w___sh th___ w___nd___ws | _____ |
| 6. m___k___ y___r b___d | _____ | 12. w___t___r th___ pl___nts | _____ |



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READING

Make Your Bed and Change the World!



How Much Do You Understand?

● **Complete the statements.**

- | | |
|---------------------------------|--|
| 1. William McRaven is an | A. reasons why we should make our beds. |
| 2. Don't be afraid to | B. try new things, says Admiral McRaven. |
| 3. There are two | C. see a beautiful bed. |
| 4. After you make your bed, you | D. you can change the world! |
| 5. You will feel happy when you | E. admiral in the United States navy. |
| 6. When you make your bed, | F. will want to do more things. |

Discuss

● **Discuss the following questions with your classmates.**

1. Do you agree with Admiral McRaven? Is it important to make your bed? Why? / Why not?
2. Do you make your bed every day? Why? / Why not?
3. What house chores do you do?



Write

● **What house chores do you do? Write about them below.**

1. _____
2. _____
3. _____

Lesson "Make Your Bed and Change the World!"

Grammar Focus Present Simple

Vocabulary 214 words
A1 words-89% / **A2** words-7% / **Off List** words-4%
AWL Words in this text: 0%
Vocabulary Analysis by: vocabkitchen.com



Level Beginning – Elementary (CEFR A1)

ANSWER KEY Page 1

● Vocabulary

- | | |
|------|------------------|
| 1. E | 1. difficult |
| 2. F | 2. give up |
| 3. C | 3. agree |
| 4. G | 4. change |
| 5. B | 5. make your bed |
| 6. D | 6. admiral |
| 7. H | 7. reason |
| 8. A | 8. navy |

ANSWER KEY Page 3

● Spelling and Vocabulary

1. cook dinner (B)
2. clean up (K)
3. cut the grass (E)
4. feed the cat (C)
5. iron clothes (F)
6. make your bed (A)
7. sweep the floor (J)
8. vacuum (I)
9. wash the dishes (L)
10. wash the dog (D)
11. wash the windows (H)
12. water the plants (G)



This lesson is dedicated in loving memory to my father, Chief Warrant Officer **Robert Thomas Dobie** (Canadian Armed Forces) for having taught me (among many other things) the importance of making my bed.

ANSWER KEY Page 4

● How Much Do You Understand?

1. William McRaven is an admiral in the United States navy.
2. Don't be afraid to try new things, says Admiral McRaven.
3. There are two reasons why we should make beds.
4. After you make your bed, you will want to do more things.
5. You will feel happy when you see a beautiful bed.
6. When you make your bed, you can change the world!

Article Sources:

- *Make Your Bed* by William H. McRaven
<https://www.samuelthomasd Davies.com/book-summaries/business/make-your-bed/>
- *Inspiring: Change the World by Making Your Bed* – By William McRaven
<https://www.youtube.com/watch?v=U6OoCaGsz94>
- *Make Your Bed Quotes*
<https://www.goodreads.com/work/quotes/52114847-make-your-bed-little-things-that-can-change-your-life-and-maybe-the-w>