



Topic: Bad habits

Read the definitions and complete the sentences with the correct form of the bolded words.

当てはまる単語を選んでね！**単語の活用に注意しよう！**

1. **suck (sucking)**: to pull in liquid or air through your mouth without using your teeth
2. **thumb**: the short, thick finger on the side of your hand that makes it possible to hold and pick things up easily
3. **effort**: physical or mental activity needed to achieve something
4. **motivation**: the need or reason for doing something, enthusiasm for doing something
5. **attention**: notice, thought, or interest
6. **replace**: to take the place of something, or to put something or someone in the place of something or someone else
7. **chores**: a job or piece of work that is often boring or unpleasant but needs to be done regularly

1. You can go play outside if you do all your _____.
2. I have no _____ to study right now.
3. I often see babies _____ their thumb.
4. In the future, many workers will be _____ by robots.
5. When you use chopsticks, you use your middle finger, pointer finger, and _____.
6. Can I have your _____? I need to make an announcement.
7. We have to put in a lot of _____ into our practices to win the tournament.

Read the following passage and answer the questions below.

文章を読んで問題に答えよう！

Bad habits

Everyone has some bad habits. Some common bad habits are biting your nails, **sucking** on your **thumb**, smoking, eating junk food, or playing on your phone too much. The more you do the bad habit, the harder it is to stop! Most bad habits are caused by stress or because you are bored. Even though we know they are bad habits, it is very hard to stop. It takes a lot of **effort** to stop a bad habit. You have to have strong **motivation** and be able to pay **attention** to when you do the bad habit. A good way to end a bad habit is to **replace** it with a good habit. A good habit could be exercise, reading, writing, or doing **chores**. For example, instead of playing on your phone after you are done with homework, you could do a few chores or exercise. This way, you train your brain to do a good habit instead of a bad habit.

1. What is the main idea of the reading?
 - a. good habits can replace bad habits
 - b. bad habits are helpful to you
 - c. only certain people have bad habits
2. According to the reading, what causes bad habits?
 - a. being blue and weak
 - b. being bored and stressed
 - c. being angry
3. Which one is **NOT** a bad habit?
 - a. scrolling on your phone with no purpose
 - b. having instant food for dinner every day
 - c. brushing your teeth before going to bed
4. What is the first thing you have to do to change your bad habits?
 - a. replace a bad habit with a good habit
 - b. know your bad habit and be willing to change it
 - c. think of a good habit you want to have

5. What is a bad habit you have? What kind of a good habit do you want to replace it with?
(2-3 sentences)
