

"I Must Stop Doing That"

Activity One - With your partner find definitions (in English) for each of these words and expressions.

Words	Definition
Behavior	
to get into trouble	
to resolve	
upbringing	
recognize	
actually	
eventually	
yourself	
consciously	
solve	
react	

Activity Two **Wall Dictation**

Do you ever think to yourself 'I must stop doing that?', it's a common reaction when you find yourself behaving in a way you know has already got you into trouble! We often resolve to change, especially in the new year, but really changing the way you behave is not easy. We all have our personalities and habits. The way we react is linked to our experience, to our upbringing and to our personality. When we want to change the first step is to recognize what we want to change. Then we often think 'I **should** change that' or 'I **have to** change that' or 'I **must** stop doing that'.. or 'I **need** to do something about that'.. We can think this for a long time before we actually do something about it. Eventually we try doing things differently and if we are satisfied that we find a better way, then we can consciously make an effort to change. You have to be quite determined to go from recognizing a problem and resolving to solve it, to actually changing your behavior.

Activity Three - Group discussion - What were your new year resolutions this year?

- What would you like to stop doing?
- What do you think you need to do in order to change your behavior?
- Do you often think 'I must stop doing that'?
- Do you find it hard to change?



Activity Four - Should/ Have to/ Must/ Need to..... **Do you know your modals?**

Let's revise these modal verbs... Remember Modal verbs indicate MODALITY - this means that it gives more information about the other verb that it is linked to - likelihood, ability, permission, and obligation..



Here are some examples:

MUST + GO - I must go - *I feel that I am obliged to go.*
SHOULD + STOP - You should stop smoking,
it's bad for your health - *you are obliged to stop if you want to be in good health.*
HAVE TO + EAT - T*he doctor says I need to eat more fruit.*

Must (subjective obligation)

We use **must** to say that something is essential or necessary to us, for example: I really must lose some weight! Or, I must stop shouting at my parents when I'm in a bad mood!

Have to (objective obligation)

In general, **have to** expresses **impersonal** obligation. The subject of **have to** is obliged or forced to act by a separate, external power (for example, the Law or school rules). **Have to** is **objective**. (We can also say **I have got to**).Look at these examples:

The teacher says that I have to improve if I want to stay in the class. Or, My boss has decided that we all have to work on Saturdays this year.

Should is an auxiliary verb, a modal auxiliary verb. We use *should* to:Give advice or make recommendations,talk about probability and expectation, express the conditional mood. For example:

I think that you should go to bed early tonight because you are tired. Or, It should be good weather tomorrow. Should the present government get voted in again, they will bring in a new law to opt out of Europe.

Need expresses necessity

Do you need a lift to the party? Or, I need the toilet.

Activity Five - Finish the sentences (about what you resolve to change in your life or behavior).

- I must...
- I have to...
- I should...
- I need...

Activity Six - Bad Habits. Act out the situations with your partners:

1/ You are this man, his name is Barry. Barry is with his girlfriend Sheila and she tells him she will leave him if he does not change his ways:



Conversation Starter:

"Hey Barry, we have to talk.."

2/ This little boy has a conversation with his Grandmother when she sees him doing this..



Conversation Starter:

"Now then Timothy, Grandma' is not very pleased with you.."

3/ This young girls' friend is worried about her bad habit. She tries to persuade her to stop smoking and explains all the reasons why.



Conversation Starter:

"Tina, I've really got to say something to you.."

4/ Tracey bites her nails all the time. Her Mum tries to talk her out of it!



Conversation Starter:

"Darling, I must say that.."

Activity Seven: Class Survey. Let's find out which bad habits we have in common and which are the most common bad habits in the class!

1. What are your bad habits?

a. biting fingernails
b. chewing gum
c. complaining/whining
d. cracking knuckles
e. drinking wine or beer
f. eating
g. fidgeting
h. gambling
i. gossiping
j. internet, too much time online
k. interrupting
l. lateness
m. lying
n. picking skin
o. playing online games
p. procrastinating
q. pulling out grey hairs
r. smoking
s. Driving too fast
t. spending too much money
u. swearing, cursing
v. talking too much
w. watching T.V.



2. Has your bad habit negatively effected you?

3. Has your bad habit negatively effected others?

4. In what areas of your life has your bad habit negatively effected you?

II) work/job/school
III) relationships
IV) finances
V) health/fitness

5 Have your tried changing your bad habit?
6 Will you try to change it?

Activity Eight - Class SURVEY:

1.What percentage of the class has bad habits they want to change?
2.How many people share a bad habit?
3.What's the most common bad habit?
4.What percentage of the class were affected negatively by their bad habits?
5.How many people felt that their bad habits had affected others?
6.What percentage of the class resolve to change at least one bad habit?

EASY ACCESS ENGLISH -- MODAL VERBS.



SONG Lyrics - Bad Habit Destiny's Child -http://www.youtube.com/watch?v=2bjIiZzYNu0&noredirect=1

Listen to the song and fill the gaps by drawing a line to the appropriate image:

How many timesAre you gonna apologize about the same thingAnd how many times can I take you back
When I'm not the one that's doing wrong
(When I'm not the one that's doing wrong, yeah)
I thought maybe if I started .....
That we would get better, but
When I would pray the answer would always come back to me being done
But we are so hard headed when we're in love



I told myself that I would make some changes
But the more I change there's one thing that remains the same
I can't seem to .....you
You seem to really have a hold on me
And every time that we break up
We turn around and make up
This can't go on now
I gotta move on now
It's not the fact that I don't love you no more
But I gotta ..... this bad habit
Can't take his bad habit no more



I'm totally out of my element
Learning new ways to live, while your in a ....
Not even thinking, (you couldn't think about me) to .....
And then when I get mad you buy me gifts Thinking it's gonna solve every issue
From the girl calling my phone, to the pictures that I saw
And every time you would ..... up with me for nothing at all
I've taking all I could take (I've taken all I could take)
But the way I live has gotta change, oh



Let me break it down
Have you ever loved somebody
So much that you was just to blind to see
Past, all of the pain they was causing you
..... do you feel me (do you feel me)
Have you ever loved somebody
So much that you went against the right things that you should do
Then it's time to make a change



Extra activity: Watch the video and answer the questions below:
http://www.youtube.com/watch?v=OnFVFfAImEg&noredirect=1
1.Which bad habits are listed in this video?
2.For what reasons do people form bad habits?
3.What advice does the video offer for stopping bad habits?
4.How many steps did they propose?
5.Who can help you to end bad habits?



I must stop doing that...