

# LESSON PLAN GUIDE

PictureBook English Reading Series

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<b>Category</b>	Vocabulary	<b>Title</b>	B4 – This is You and Me
<b>Ages</b>	4-8	<b>Theme</b>	Adjectives + I'm + Time Expressions

## INTRODUCTION OF THE BOOK

In this book, children explore 22 of the most common adjectives, presented as opposite pairs. All illustrations show familiar, everyday situations that children can easily relate to, helping them understand contrasting feelings with clarity.

The target pattern — 'I'm + adjective + a time expression' — is practiced in simple, real-life contexts. This book builds children's confidence in using 'I'm ~' to express their own feelings naturally and independently.

## LEARNING OBJECTIVES

*Children will be able to:*

- Recognise and use 22 common adjectives, including opposite pairs
- Use the pattern 'I'm + adjective + time expression' in a sentence
- Express their own feelings naturally using 'I'm ~'
- Use English time expressions in context

## LEARNING ACTIVITIES

### 1. Connect adjectives to real feelings

Start by reading the first page and ask your child when they feel that way. For example, if the page says 'I'm sleepy', ask: "When do you feel sleepy?" Then turn the page to see the time expression. Encourage your child to compare their own feelings with the child in the story — this makes learning personal and meaningful.

### 2. Practice comparison sentences

Using the structure in the book — 'I'm sleepy at night but I'm awake in the morning' — encourage your child to make their own comparison sentences, such as 'I'm sleepy after dinner, but she's sleepy at night.' This reinforces both the adjectives and English time expressions through natural repetition.

### 3. Play the Speed Game

Invite your child to create a list of all 22 adjectives and read through them as quickly as possible. This fluency game is always a favourite — repeated practice builds automaticity, boosts confidence, and reinforces vocabulary recall.

### 4. Make your own book

Let your child use the 22 adjectives and time expressions to write their own simple sentences and create their own book. Once finished, encourage them to read it aloud again and again — children love reading something they made themselves, and it builds confidence and fluency quickly.

### **FOLLOW-UP ACTIVITIES**

Ask your child to choose five adjectives from the book and make their own sentences using 'I'm + adjective + time expression'. For example: 'I'm hungry before dinner' or 'I'm happy on weekends.'

Try the fun online learning activities for this book on our website!

[Click here to try the online learning activities](#)

### **TEACHER'S NOTES & TIPS**

The Speed Game works particularly well as a warm-up activity at the start of each session. For children who find opposite pairs challenging, try using physical actions or facial expressions to act out each adjective — this makes the contrasts more memorable and keeps the energy high.