



A. Vocabulary Study

Study the following words and expressions with your tutor.

講師と一緒に単語と表現を学びましょう。

Vocabulary	Meaning
clutter	things put in a disorderly manner
common	shared
pile up	to gather, accumulate, or rise in a pile
get rid of	remove
spick and span	clean and orderly

B. Reading Practice

Check the pronunciation, meaning and usage of the words with your tutor.

講師と一緒に言葉の発音、意味、使い方を確認しましょう。

Good Housekeeping Habits

1. Make a schedule and stick to it.

Creating a chores schedule will not only help you de-clutter your home, but also your crowded thoughts. Write down a list of tasks to be done for a certain period. You may group the chores into 3 columns: daily, weekly, monthly. But of course, this schedule will be just another piece of paper that will add up to your **clutter** if you will not follow it, so make sure that you do!

2. Divide the tasks

If there's someone who helps you with the chores, then it's better. You may discuss and divide the tasks among the people you live with. You may also post the agreed schedule and assigned tasks in a **common** area in the house to remind the person in-charge.

3. Do a little bit everyday

While following the chores schedule you have come up with, it will also help to do simple tasks that will not take much of your time on a daily basis. It could be wiping the bathroom mirror after brushing your teeth, sorting your laundry, or making your mixes in advance (pancake mix, sauces, etc) This way, tasks will not **pile up** on a particular time only.

4. Get rid of unnecessary stuff

As what they say, "Less is more." Sometimes, even if your house is tidy, it would still not look so pleasant if there are too many things occupying space in your house. Get a box where you can gather the items you don't use anymore such as old magazines, outgrown clothes, etc. This step will help you **get rid of** stuff that only collect dust and have more space at home.

5. Make it fun

If you enjoy doing house chores, you will be able to do it so productively you would not realize you're done already. Reminding yourself of the benefits of keeping your home **spick and span** is also a good way to motivate yourself to do it. Imagine a peaceful, spacious area where you can relax after an exhausting day at work.... commit to doing the house chores regularly and you will have it!

出展
意味
例文

Weblio辞書 英和辞典・和英辞典 <http://ejje.weblio.jp/>
Weblio 英語例文 <http://ejje.weblio.jp/sentence/>

C. Sentence Construction Practice

Make your own sentences using the words listed below.

与えられた単語を使って、文章を作ってみましょう。

A. clutter

A 1. _____

A 2. _____

B. common

B 1. _____

B 2. _____

C. pile up

C 1. _____

C 2. _____

D. get rid of

D 1. _____

D 2. _____

E. spick and span

E 1. _____

E 2. _____

D. Comprehension Questions

Answer the following questions based on the article.

上の文章に基づいて、質問に答えましょう。

- 1 In making a chores schedule, how may you group your tasks?

I may group tasks by...

- 2 Why is it important to post the agreed schedule?

It is important to post the agreed schedule to...

- 3 When should you do simple tasks to avoid them from piling up?

To avoid tasks from piling up, simple tasks should be done...

- 4 What can you use to gather unnecessary items in your house?

To gather unnecessary items in my house I can use a...

- 5 What is a good way to motivate yourself to do house chores regularly?

A good way to motivate myself to do house chores regularly is to...

E. Discussion Questions

Answer the following questions based on your opinion.

あなたの意見をもとに、以下の質問に答えましょう。

- 1 Which household chores do you like doing?

I like doing ...

- 2 Which household chores do dislike doing?

I dislike doing...

- 3 What is your weekly routine for doing chores?

My weekly routine for doing chores is...