



Personal Care Expressions

(Expresiones del cuidado personal)

The objective for this class is to use some expressions to describe what activities do we do to take care of ourselves.

Vocabulary

1. Listen and practice the pronunciation.



Brush my teeth



Take a shower



Comb my hair



Visit the doctor



Exercise regularly



Eat healthy food



Drink water



Sleep well



Meditate



Take care of animals



Manage the stress



Spend time with family

2. Listen and select the expression



3. Based on your routine, answer these questions.

a. What do you do in the mornings after waking up?

b. At what time do you take a shower?

c. How many times a week do you exercise?

d. How often do you visit the doctor?

e. Do you like to eat healthy food?

4. Match the expression with its meaning in Spanish.

Meditate

Comb my
hair

Visit the
doctor

Spend
time with
family

Visitar al
doctor

Meditar

Compartir
con la
familia

Peinar mi
cabello

Brush my
teeth

Take care
of animals

Take a
shower

Manage
the
stress

Cuidar a
los
animales

Tomar
una ducha

Cepillar
mis
dientes

Manejar
el estrés

Exercise
regularly

Eat
healthy
food

Sleep well

Drink
water

Dormir
bien

Beber
agua

Comer
comida
saludable

Ejercitarse

5. Write a short paragraph of at least 5 lines about your weekly routine. Use some of the expressions given before.

