

Unit 8 - HEALTHY BODY, HEALTHY MIND

Lesson 2: Reading and Phonics



Reading: Doing yoga to study and learn better

Phonics: ou - ow

Exercise 1: Write.

calm grades worry

Yoga helps children at Bronxville
Elementary School to be _____.
They learn not to _____ about
little problems and it helps them get good
_____ on tests.



Exercise 2: Read and write.

at home easy to do for a long time in the morning
it's good learn at school not to worry or just two

It isn't always easy to _____. When do you learn well? First thing
_____ ? After you play in the playground? When you are hungry or after
lunch? When you are tired? When you are sitting _____ ?
Children at Bronxville Elementary School in the US do yoga. They say it's fantastic.
It helps them to be calm and _____ or get angry. And when they are calm,
they get good grades in exams. They say _____ to do yoga because they
can study and learn better.
Next time you want to learn well at school or study well _____ , try yoga!
It's quick and _____. You can do it in the playground or in your classroom,
sitting at your desk! You can do it in fifteen minutes ... _____ ! Go on!
Give it a go!

Exercise 3: Circle A, B or C.

- 1 It's sometimes difficult to learn at school when
 - A you are tired and hungry.
 - B you are sitting for a long time.
 - C A and B
- 2 Children at Bronxville Elementary School
 - A don't like doing yoga.
 - B think yoga is fantastic.
 - C feel angry after yoga.
- 3 Yoga is good because
 - A it is a fun sport.
 - B the teacher is calm.
 - C it helps children study and learn.
- 4 Yoga is
 - A quick to do.
 - B difficult to start.
 - C beautiful to watch.

Exercise 4: Odd one out. Which word has the underlined part that is pronounced DIFFERENTLY?

1



mouse



cloud



window



shower

2



town



mountain



soup



towel

3



playground



loud



cow



rainbow

Exercise 5: Complete the sentences with given words.



1. _____ did you hurt your thumb?

2. I hit my thumb with a hammer and said, "_____!"

3. I yelled so _____!

4. The hammer fell to the _____.

5. I need a doctor _____!

6. Can he come to your _____?

7. No, I will have to go to _____.

8. _____! Lets go _____!

Wow now town
house now ground
loud Ouch How