

Lesson 5



Preescolar y Primaria

Read and match

- | | |
|---------------------------------------|----------------------------|
| 1 Everybody | a you feel tired. |
| 2 Sleep gives you energy | b healthy. |
| 3 Sleep helps you remember | c you feel in a good mood. |
| 4 Sleep helps you stay... | d for the next day. |
| 5 When you have enough sleep... | e needs sleep. |
| 6 When you don't have enough sleep... | f what you learn. |

Read the sentences and complete them with words from the box

ten eight nine fifteen seven

- 1 Babies need about _____ hours of sleep a day.
- 2 Children need about _____ hours of sleep a day.
- 3 Teenagers need about _____ hours of sleep a day.
- 4 Adults need about _____ hours of sleep a day.
- 5 Old people need about _____ hours of sleep a day.

