

ENGLISH - MENTAL HEALTH - WEEK - _____

STUDENT: _____ Grade _____ DATE: _____

Look at the picture and write the correct answer: A), B) or C). Follow the example.



- a) eat healthy
b) sleep
c) exercise



- a) eat healthy
b) play sports
c) think positive



- a) have fun
b) play sports
c) exercise

| | |
|---|---|
| 1 | B |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |



- a) think positive
b) sleep
c) exercise



- a) eat healthy
b) play sports
c) talk to a friend



- a) have fun
b) play sports
c) exercise

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 2

Choose one that you find in each poster. Follow the example.

| | POSTER |
|---------------------------------|----------|
| Example: Play sports regularly | Poster 1 |
| 1. Always ask for help | |
| 2. Exercise every day | |
| 3. Always express your feelings | |
| 4. Talk to friends regularly | |
| 5. Think positive everyday | |

LET’S OBSERVE AND READ!

ACTIONS

Look at the pictures and complete the sentences with a verb from the box. Follow the example.

- talk
- talk
- play
- eat
- ask
- express
- sleep
- exercise



8 hours.



for advice.



healthy.



to a friend.



your feelings.



to your parents.



sports.