

English: Level A1

WEEK 11

Let's protect our mental health!*

Activity

Our mental health (day 2)

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

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

ACTIONS

talk (x2) - eat - ask - sleep - play - express - exercise

Example:



Sleep
8 hours.



for advice.



healthy.



to a friend.



your feelings.



to your parents.



sports.

OBSERVE - EXERCISE 2

- Look at the times and write the correct moment of the day. Follow the example:



afternoon



night



morning



evening

1. 8:00 AM

2. 1:00 PM

3. 6:00 PM

4. 9:30 PM