



PERÚ

Ministerio  
de Educación



APRENDO  
en casa

## ENGLISH LEVEL - A1

Week 21

### OUR MENTAL HEALTH

1

#### LET'S OBSERVE AND READ

OBSERVE 1:

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

#### ACTIONS

sleep

eat

ask

play

express

exercise

talk (x2)



Sleep

8 hours.



for advice.



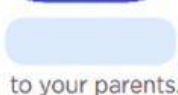
healthy.



to a friend.



your feelings.



to your parents.



sports.

OBSERVE 2:

Look at the times and write the correct moment of the day.



afternoon



night



morning



evening

1. 8:00 AM morning

2. 1:00 PM

3. 6:00 PM

4. 9:30 PM



2

#### LET'S UNDERSTAND

EXERCISE 1:

Write the recommendations for these problems using the imperative

#### PROBLEMS

#### RECOMMENDATIONS

1. I sleep 4 hours every night. → Sleep 8 hours every night.

2. I eat pizza every morning. →

3. I never talk about my problems. →

4. I never play sports. →

5. I never talk to my parents. →

6. I never talk about my problems. →

PROPÓSITO DE LA SESIÓN: Leeremos 2 conversaciones en inglés sobre consejos para mantener una buena salud mental. Identificaremos el vocabulario y las estructuras que se utilizan. Luego, elaboraremos un poster con consejos para proteger nuestra salud mental.

EXERCISE 2:

Write (T) if it is true or (F) if it is false.

True False

- Jenny eats a hamburger every afternoon.
- Pearo never talks to friends.
- Pedro eats pizza every afternoon.
- Jenny never talks to her parents.
- Jenny always plays sports.

3

#### LET'S PRACTICE

#### IMPERATIVES

Play sports.  
Verbo sustantivo

Have fun.  
Verbo sustantivo

Sleep 8 hours.  
Verbo sustantivo

#### IMPERATIVES (Con adverbio)

Play sports regularly.  
Verbo sustantivo adverbio

Have fun every day.  
Verbo sustantivo adverbio

Always sleep 8 hours.  
Adverbio verbo sustantivo



EXERCISE 1:

Look at the images and complete with the imperative in the positive or negative form.

#### COLUMN 1

#### ACTIVITY

Exercise  
Talk to your parents  
Ask for advice  
Sleep 8 hours  
Think positive  
Smile  
Eat healthy

Example:

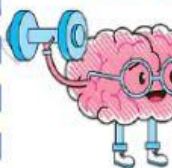
Exercise regularly.

#### COLUMN 2

#### ADVERB/PHRASE

Regularly  
Always  
Every day  
Every morning  
Every afternoon  
Every evening  
Every night

#### MAINTAIN A GOOD MENTAL HEALTH



- 
- 
- 
- 

4

#### LET'S CREATE

Create a poster with 6 tips to protect our mental health.

#### TITLE OF YOUR POSTER

PICTURE 1

(TIP 1)

PICTURE 2

(TIP 2)

PICTURE 3

(TIP 3)

PICTURE 4

(TIP 4)

PICTURE 5

(TIP 5)

PICTURE 6

(TIP 6)

(Your name)

#### GLOSARIO

#### INGLÉS

always  
ask for advice  
enjoy nature  
every afternoon  
every day  
every evening  
every morning  
every night  
how to protect  
love yourself  
never

#### CASTELLANO

siempre  
pedir consejo  
disfruta de la naturaleza  
cada tarde  
todos los días  
cada final de la tarde  
cada mañana  
cada noche  
cómo proteger  
ámame a ti mismo(a)  
nunca

Example

5

#### LET'S SHARE

Record your voice and send it to your teacher in WhatsApp.



## LISTEN AND READ two conversations about how to protect our mental health.

# HOW TO PROTECT OUR MENTAL HEALTH

### CONVERSATION 1



- Doctor:** Good morning, Pedro! How do you feel today?
- Pedro:** Good morning, doctor! Well, I am not feeling great. My habits during lockdown are terrible.
- Doctor:** Tell me about a typical day in your life. For example, what do you eat every day?
- Pedro:** I eat pizza **every morning** and I **never** exercise. I **never** talk to my friends. I have no time. I **never** talk about my problems. I sleep 4 hours **every night**. I **always** feel tired.
- Doctor:** Pedro, your habits are very unhealthy. Here are my recommendations for you. First, sleep 8 hours every night. Eat healthy food every morning. Eat vegetables, fruit and super foods. Exercise regularly. Talk to a friend regularly. Always express your feelings.

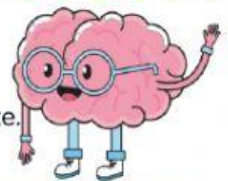
- Carlos:** Good afternoon, Jenny! How do you feel today?
- Jenny:** Good afternoon, Carlos! Well, I am not feeling great. My habits during lockdown are terrible.
- Carlos:** Tell me about a typical day in your life. For example, do you sleep 8 hours every night?
- Jenny:** Honestly, I sleep 4 or 5 hours **every night**. I eat a hamburger **every day**. I **never** play sports. I **never** talk to my parents. I **never** talk about my problems.
- Carlos:** Jenny, your habits are very unhealthy. Here are my recommendations for you. Sleep 8 hours every night. Play sports every morning. Always eat healthy. Talk to your parents regularly. Always ask for advice.

### CONVERSATION 2



## LET'S SELF-ASSESS!

En el siguiente cuadro, expresa cuánto sabes en inglés marcando con una "X" donde creas conveniente. Aquí no hay respuestas correctas. Sé honesto(a) contigo mismo(a).



|    |                                                                                                                                                                                  | No, necesito ayuda | Un poco pero necesito ayuda | Si puedo | Sí puedo y muy bien |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------------------|----------|---------------------|
| 1. | ¿Puedo identificar información sobre cómo mantener una buena salud mental en textos cortos y simples en inglés?                                                                  |                    |                             |          |                     |
| 2. | ¿Puedo redactar consejos o tips para proteger nuestra salud mental usando correctamente los imperativos y adverbios de frecuencia 'always', 'regularly' y 'every ...' en inglés? |                    |                             |          |                     |
| 3. | ¿Puedo crear un poster en inglés en respuesta a la situación que viven los adolescentes, niños y niñas durante el confinamiento y puedan proteger su salud mental?               |                    |                             |          |                     |
| 4. | ¿Puedo pronunciar apropiadamente y dar la entonación adecuada al leer un texto en inglés en voz alta?                                                                            |                    |                             |          |                     |