What can you do to improve your mood?

A lot children are sad ,worried and scared these days. We have to run to the shelters because of the rocket attacks. We hear sad stories and a lot of people are in the army fighting against terrorists.
We don't know when the war is over, when we will return to school or when we will feel safe again.

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What can we do to feel better?

1.Wake up on time to join the zoom lessons. Keeping in touch with friends and teachers is very important.

2. Help your parents with the house chores!
It will me make feel better and it will help your parents..

3. Talk to your friends and family. Connecting with people in hard times in very important.

4.Try to relax before you go to sleep.
Listen to quiet music and watch funny movies

5. Exercise at home! There are many videos of exercising in different levels on YouTube. Exercising will relax you and it will make your body strong.

New words
1.rocket attack _____
2.worried_____
3.join _____
4.house chores _____
5.army _____
6. connect _____
7. shelter _____
8. keep in touch_____
9.exercise _____

LIVEWORKSHEETS

Answer the questions

1. How do many children feel these days?

2. Why do they feel sad, worried and angry?

3. What do you think is the main reason why children are worried these days?

4. Why should children join the online lessons?

5. Why should children help with the house chores?

6. What do you do to feel better these days?

7. Do you want to get back to school ?

LIVEWORKSHEETS