Part 2

Read the text below and correct the underlined errors. For each question, write the correct word in the space provided on your answer sheet.

Getting Enough Sleep

Sleep is more important than you **(0)** thinking. It allows the body to rest in order to prepare it for the next day **(9)** and many children these days don't get enough sleep. Not every **(10)** children is the same. Some need more sleep than others. Children aged five to twelve need between nine and twelve hours of sleep every night. Without enough sleep, they would feel tired and their body may not **(11)** grew well. Here are some ways for children to sleep well. One of them **(12)** was to go to bed and wake up at the same time every day. This helps their body to get used to it. Another way is to not do exercises just before **(13)** go to bed. Exercise should be done earlier in the day to **(14)** helped sleep better. Children should use the bed only for sleeping - not for doing homework, reading, playing games or talking **(15)** with the phone. Last but not least, children should stop having worries that are keeping **(16)** us from sleeping. In short, getting enough sleep is very important for their health.

Adapted from *https://kidshealth.org*

Example :

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LIVEWORKSHEETS