

LKPD 1

Nama:

Class:

Youtube



listen to the recording carefully and give True(T)for the correct answer and False(F)for wrong answer.

- a. Make sure your room is quiet, dark, and not too hot or too cold.()
- b. Don't nap too much during the day. It can make it harder to sleep at night.()
- c. eat as much as you can before bedtime()
- d. Do something relaxing before bed. Reading a book or listening to soft music can help you wind down and get ready for sleep.()
- e. create a comfortable sleep environment ()

complete the text with words in the box!

how to get enough sleep ()

- a. Try to go to bed and get up at the same time every day. This helps your body know when it's time to sleep.
- b. Do some physical activities during the day. This can help you sleep better at night.
- c. Make sure your room is quiet, dark, and not too hot or too cold.
- d. Do some physical activities during the day. This can help you sleep better at night.
- e. Good sleep is a big part of staying healthy and feeling good, so it's important to make it a priority!
- f. Do something relaxing before bed. Reading a book or listening to soft music can help you wind down and get ready for sleep.
- g. Good sleep is a big part of staying healthy and feeling good, so it's important to make it a priority!

translate these vocabularies into bahasa

- 1. sleep:.....
- 2. bed :.....
- 3. hot :.....
- 4. cold:.....
- 5. healthy:.....
- 6. feeling good:.....
- 7. reading:.....
- 8. priority:.....
- 9. quiet:.....
- 10. listening:.....