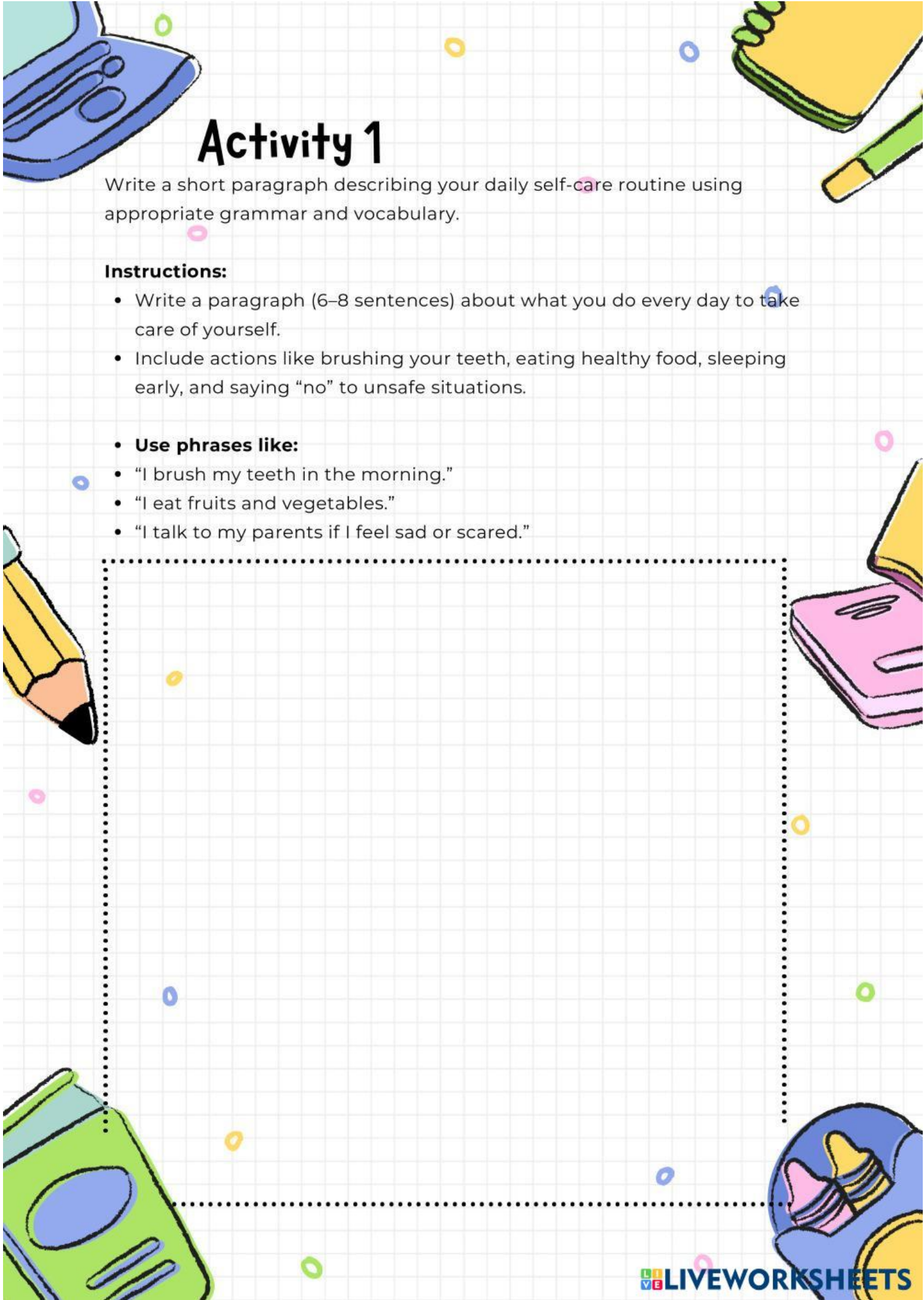


The background is a light gray grid with various colorful illustrations of school supplies and abstract shapes. In the top left is a blue laptop. In the top center is a yellow lightbulb. In the top right is a yellow spiral notebook and a green marker. On the left side is a yellow pencil with a pink eraser. On the right side is an open pink notebook. In the bottom left is a green book. In the bottom right is a blue pencil case with yellow and pink items inside. There are also various colorful squiggles and star shapes scattered throughout.

MY HEALTHY DAILY ROUTINE

Welcome to the
second activity
for the unit #4



Activity 1

Write a short paragraph describing your daily self-care routine using appropriate grammar and vocabulary.

Instructions:

- Write a paragraph (6–8 sentences) about what you do every day to take care of yourself.
- Include actions like brushing your teeth, eating healthy food, sleeping early, and saying “no” to unsafe situations.
- **Use phrases like:**
 - “I brush my teeth in the morning.”
 - “I eat fruits and vegetables.”
 - “I talk to my parents if I feel sad or scared.”

Activity 2

Listen careful every word and and form the sentence in the correct way.



my

I

hands

wash

Ana

teeth

her

brushes



go to

early

I

bed



Samantha

a shower

takes

everyday



fruits

eats

and

Samuel

vegetables



drink

I

everyday

water

