

**Task: Choose the best option to complete the sentence.**

**Options:**

- drink water
- sleep well
- relax
- eat well
- get enough vitamin D
- exercise
- have a hobby
- spend time with friends
- less screen time

1. When you are tired, it is important to \_\_\_\_\_.
2. To stay strong and healthy, you should \_\_\_\_\_ every day.
3. To feel happy and not bored, it's good to \_\_\_\_\_.
4. Your body needs sunlight to \_\_\_\_\_.
5. You should \_\_\_\_\_ to keep your skin and body healthy.
6. After school or work, it's good to \_\_\_\_\_ and not feel stressed.
7. A good way to feel better is to \_\_\_\_\_ and enjoy good food.
8. It's healthy to \_\_\_\_\_ and not watch too much TV or phone.
9. When you feel lonely, you can \_\_\_\_\_ to feel better.