

# LESSON 3 Reading

## 1 Write.

calm    grades    worry

Yoga helps children at Bronxville Elementary School to be \_\_\_\_\_. They learn not to \_\_\_\_\_ about little problems and it helps them get good \_\_\_\_\_ on tests.



## 2 Read and write.

at home    easy to do    for a long time    in the morning  
it's good    learn at school    not to worry    or just two

It isn't always easy to \_\_\_\_\_. When do you learn well? First thing \_\_\_\_\_? After you play in the playground? When you are hungry or after lunch? When you are tired? When you are sitting \_\_\_\_\_?

Children at Bronxville Elementary School in the US do yoga. They say it's fantastic. It helps them to be calm and \_\_\_\_\_ or get angry. And when they are calm, they get good grades in exams. They say \_\_\_\_\_ to do yoga because they can study and learn better.

Next time you want to learn well at school or study well \_\_\_\_\_, try yoga! It's quick and \_\_\_\_\_. You can do it in the playground or in your classroom, sitting at your desk! You can do it in fifteen minutes ... \_\_\_\_\_. Go on! Give it a go!

## 3 Read again. Circle A, B or C.

- 1 It's sometimes difficult to learn at school when
  - A you are tired and hungry.
  - B you are sitting for a long time.
  - C A and B
- 3 Yoga is good because
  - A it is a fun sport.
  - B the teacher is calm.
  - C it helps children study and learn.

- 2 Children at Bronxville Elementary School
  - A don't like doing yoga.
  - B think yoga is fantastic.
  - C feel angry after yoga.
- 4 Yoga is
  - A quick to do.
  - B difficult to start.
  - C beautiful to watch.