

## 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.

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|---|---|
| <p>1 It's sometimes difficult to learn at school when</p> <p>A you are tired and hungry.</p> <p>B you are sitting for a long time.</p> <p>C A and B</p> | <p>2 Children at Bronxville Elementary School</p> <p>A don't like doing yoga.</p> <p>B think yoga is fantastic.</p> <p>C feel angry after yoga.</p> |
| <p>3 Yoga is good because</p> <p>A it is a fun sport.</p> <p>B the teacher is calm.</p> <p>C it helps children study and learn.</p>                     | <p>4 Yoga is</p> <p>A quick to do.</p> <p>B difficult to start.</p> <p>C beautiful to watch.</p>  |