Dictation

LW6-Unit 3-WB3

Hi! This week we're looking at how we can use our ..... to make us feel better—and perform better! Let's start with hearing. We know that listening to music can make us feel ..... But everyone's different. You ..... prefer to listen to sounds outside, in nature, like a stream or river. Or, some people like listening to trees moving in the wind. In ..... words, find what works for you.

We can also use our sense of ..... to feel better. This is because when we stop to smell something nice, like a rose, our breathing slows down and this helps us .....

Then there's touch. Some people in Greece play with beads on a string to relax. Did you know that using your hands to play a musical instrument .....make you feel better? It's a good reason to join a band!

LIVEWORKSHEETS

Or maybe you're a very visual person. When you feel ..... with the result of a test or a competition, just seeing a beautiful picture or a view such as the ocean or a smooth lake can make you more .....

Finally, we can also use our sense of ..... Did you know some food and drinks can make us feel less .....? For example, think about how a cup of hot chocolate on a cold day can make you feel.

I'm really ..... with what I learned about our senses this week. The next time I feel stressed or ....., I'm definitely going to use my senses to help me ..... down!

Next week, we're talking about yoga. Don't miss it!

LIVEWORKSHEETS