



English for children

Steps to a Better Life"

Everyone wants to live a better and healthier life, but not everyone knows where to start. A good life doesn't just mean having money or things. It means feeling good, having energy, and being happy with yourself and others. Health is one of the most important things we can have. Without it, everything else becomes harder. So, it's important to take care of your body and your mind every day.

Many people think being healthy means only eating vegetables or running every morning. However, it's much more than that. A healthy person balances good food, sleep, exercise, and mental peace. You don't have to be perfect; you just have to be consistent. Even small actions like drinking enough water or sleeping eight hours can make a big difference.

Exercise has become one of the best tools for a happy life. It helps your heart, your muscles, and your brain. It also makes you feel less stressed and more confident. Some people have started walking instead of driving short distances. Others have joined sports clubs or have practiced yoga at home. What matters is to move your body every day.

Food also plays a key role in your health. Many young people have eaten too much junk food because it's easy and tasty. But this has caused problems like obesity and low energy. Learning to cook simple, healthy meals can change your life. You can start with salads, fruits, and natural drinks. You don't have to stop eating your favorite snacks; just eat them in moderation.

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Mental health is just as important as physical health. Some teenagers have felt sad or anxious because of stress or social media. Talking about your emotions is a good first step. You can speak with a friend, a family member, or a teacher. You can also write in a journal or meditate. Remember, you are never alone, and asking for help shows strength, not weakness.

Many people have discovered that gratitude and positive thinking improve their quality of life. When you focus on what you have instead of what you lack, your brain becomes happier. Try writing three good things that have happened to you each day. You will start noticing how your mood changes over time. Positivity attracts positivity.

Another key factor is rest. Some students have stayed awake too many nights to study or use their phones. That has affected their concentration and health. Sleep helps your brain organize memories and your body repair itself. Create a bedtime routine without screens and go to bed at the same time every night. You'll feel more active the next day.

Finally, building healthy relationships is essential. Surround yourself with people who support you, make you laugh, and encourage you to grow. Avoid those who only bring negativity. A good friend can make you feel strong and motivated. A better life is not about perfection but about progress. Every good habit you start today is a step toward your best version.

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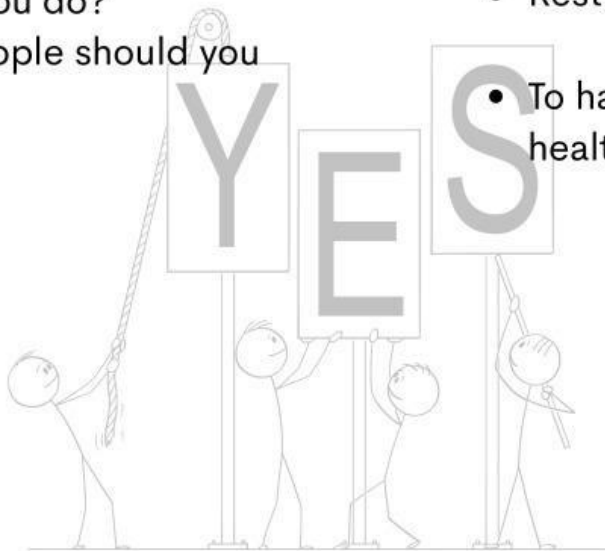


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Exercise 2: Reading comprehension.
Match the question with its answer.

1. What is the main idea of the text?
 2. What helps reduce stress and build confidence?
 3. What is a small action that improves health?
 4. Why is it important to talk about your emotions?
 5. What happens when people focus on what they have?
 6. What can affect your concentration negatively?
 7. What kind of food should you eat less?
 8. What helps your brain and body recover?
 9. What can writing three good things every day help you do?
 10. What kind of people should you avoid?
- Junk food.
 - Exercising.
 - Be more positive.
 - Drinking enough water.
 - Negative ones.
 - Because it helps you feel less alone.
 - They feel happier.
 - Staying awake too late.
 - Rest.
 - To have a better and healthier life.

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Exercise 3: Order the words.

- haven't / I / finished / yet / my project
-
- have / you / tried / sushi
-
- has / she / her / done / homework
-
- they / already / arrived / have
-
- hasn't / come / he / today
-
- eaten / lunch / just / I / have
-
- never / have / I / been / to / France
-
- he / finished / has / work / his
-
- have / they / to / gone / the / park
-
- have / studied / English / we / since / 2020
-

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Exercise 4: Look at the following sentences and then write the sentence correctly.

- She have eaten breakfast.
-
- I hasn't finished my homework.
-
- Have he called you?
-
- They has gone to school.
-
- We haven't saw that movie.
-
- He have never been late.
-
- Has you studied English?
-
- I have write a letter.
-
- She haven't never visited London.
-
- They has already left.
-



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Exercise 5: First, click on the button, and then write down the sentence or question you heard.



1



2



3



4



5



6



7



8



9



10



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