



## Exercise 1: Reading

### The Journey to Your Best Self

Every day is a chance to begin a new story. You be the author of your own life and future. You must believe in your dreams and work hard. When you accept a challenge, you start to grow.

A healthy life helps you achieve your goals quickly. You clean your mind when you exercise and eat. Good habits allow you to feel strong and happy. Do not bother with things that stop your progress.

Sometimes, difficult questions arise in your school life. You can ask for help when you feel confused. Great students answer with courage and always try again. Knowledge is a bridge that you build every day.

You become what you practice every single morning. When you awake, think about a positive new goal. Do not break your focus when things get difficult. Success arise from discipline and a lot of heart.

It is okay if you choose a path that's different. You carry your values everywhere you go today. Friends call you to share joy and good energy. A healthy environment helps you climb to the top.

You buy books to open your mind to worlds. You cook healthy food to help your body grow. You change bad habits for better ones every day. Life cost effort, but the reward is very big.

When problems appear, do not run away from them. You check your options and find a smart way. Do not argue with people who do not help. You catch opportunities when you stay very alert.

The sun begin to shine when you finally try. You bring light to your family and your school. You achieve greatness when you help other people too. Your future be bright if you start right now.







# English for children



## Exercise 1: Reading comprehension

1. What is the main message of the text?  
a) To bake cakes      b) To become better and study      c) To buy many things
2. What should you do when you "awake"?  
a) Think of a goal      b) Argue with friends      c) Close your eyes
3. According to the text, knowledge is a bridge that you...  
a) Break      b) Build      c) Burn
4. What do good habits "allow" you to do?  
a) Feel strong      b) Arrive late      c) Bite your nails
5. What should you do when problems "appear"?  
a) Run away      b) Check options      c) Cry loudly
6. Who do you "bring" light to when you try?  
a) Only yourself      b) Your family and school      c) Nobody
7. What does the text say about your future?  
a) It is boring      b) It is bright      c) It is expensive
8. What helps you "climb" to the top?  
a) A healthy environment      b) Buying books      c) Arguing
9. How should you "answer" when you are confused?  
a) With silence      b) With courage      c) With anger
10. What "cost" effort according to the text?  
a) Life      b) Bread      c) A book

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## 1. Exercise 2: Fill in with AM, IS, ARE

1. I \_\_\_ (be) ready to achieve my goals.
2. They \_\_\_ (be) the ones who broadcast the news.
3. The price to buy this book \_\_\_ (be) very low.
4. You \_\_\_ (be) able to climb that mountain.
5. It \_\_\_ (be) important to clean your room.
6. We \_\_\_ (be) happy when we bake cookies.
7. She \_\_\_ (be) the girl who carries the heavy bags.
8. The sun \_\_\_ (be) bright when it appears.
9. My friends \_\_\_ (be) here to bring the food.
10. He \_\_\_ (be) fast when he catches the ball.



## Exercise 2: Interrogative Form (Do / Does):

1. \_\_\_ you accept the challenge?
2. \_\_\_ he become a doctor?
3. \_\_\_ they broadcast the news?
4. \_\_\_ she clean her room?
5. \_\_\_ it appear in the sky?
6. \_\_\_ we bring the snacks?
7. \_\_\_ I ask too many questions?
8. \_\_\_ you choose the blue one?
9. \_\_\_ he chop the wood?
10. \_\_\_ she believe in magic?

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## Exercise 3: Rewrite the sentence in 3rd person (He/She/It):

1. I awake at 6 AM. -> He...
2. We build houses. -> She...
3. They catch fish. -> It...
4. You carry bags. -> He...
5. I choose a path. -> She...
6. We come home. -> He...
7. They buy food. -> She...
8. You check the list. -> It...
9. I break the ice. -> He...
10. We begin now. -> She...



## Exercise 4: Order the sentences:

1. always / I / believe / myself / in.
2. she / bake / does / cakes / ?
3. not / they / do / argue.
4. builds / he / house / a.
5. are / we / ready.
6. check / you / do / the / work / ?
7. brings / he / water.
8. am / I / student / a.
9. call / they / me.
10. becomes / it / dark.

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