

Name: _____

Date: _____

Unit 9: Take Care

Part 1: Match the Environmental Terms

Match the words to its descriptions.

word bank: Skin care • Deadline • Privacy • Routine • Schedule

	Description	Word
1.	Things you do regularly, often every day.	
2.	A plan that shows the times or dates when you will do things.	
3.	The latest time or date by which you must finish something.	
4.	The right to keep your personal information, activities, or life private.	

Part 2: Answer the Questions

Answer each question below using what you know about the importance of self-care on health.

1. How does self-care improve physical health?

.....

2. What is one example of self-care?

.....

3. What happens if we do not practice self-care?

.....

4. How can we balance self-care, schoolwork, and other responsibilities?

.....

Part 3: Compose an Awareness Email

Read the email from your friend, Kimi, about starting a good habit. Write an email no more than 70 words giving him a suggestion.

Hi George,

I hope you're doing well. Recently, I've been feeling tired and stressed because I have a lot of homework. I know that I need to take better care of myself, but I'm not sure where to start. What should I do improve my health? Do you have any suggestions for a healthier daily routine?

I look forward to hearing from you. Thanks for your help.

Best wishes,
Kimi

kimiantonelli@gmail.com
New routine

