



## CENTRO INTERESCOLAR DE LÍNGUAS DE SOBRADINHO

Student's name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Level: \_\_\_\_\_ Date: \_\_\_\_\_

### EXERCISE – WELLBEING – PART 1

#### WORD SEARCH

1. Find 09 words linked to WELLBEING. After WRITE them DOWN.

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| H | G | H | L | A | E | H | E | L | K |
| B | A | L | A | N | C | E | N | I | P |
| G | T | P | D | A | X | A | J | F | S |
| R | I | V | P | Y | O | L | O | S | E |
| A | T | H | T | I | M | T | M | T | L |
| T | U | N | K | B | N | H | T | L | F |
| I | E | L | Y | T | S | E | F | I | L |
| T | O | D | K | F | L | E | S | B | O |
| U | E | R | A | C | F | L | E | S | V |
| D | T | N | E | M | Y | O | J | N | E |
| E | M | I | N | D | F | U | L | M | Q |

- |         |         |         |
|---------|---------|---------|
| 1. .... | 4. .... | 7. .... |
| 2. .... | 5. .... | 8. .... |
| 3. .... | 6. .... | 9. .... |

#### PHYSICAL WELLBEING

Look at the pictures and write down the words that correspond to them. Which **WAYS OF HAVING PHYSICAL WELLBEING** are they linked to?

|                                                                                                                                                     |                                                                                     |                                                                                      |                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p><u>EXAMPLE:</u></p>  <p>VEGETABLES</p> <p><u>Eat Well</u></p> |  |  |  |
|                                                                                                                                                     |                                                                                     |                                                                                      |                                                                                       |
|                                                                                                                                                     |                                                                                     |                                                                                      |                                                                                       |

## MENTAL WELLBEING

Look at the pictures and write down the words that correspond to them. Which **WAYS OF HAVING MENTAL WELLBEING** are they linked to?

|                                                                                                          |                                                                                   |                                                                                    |                                                                                     |
|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <p><b>EXAMPLE:</b></p>  |  |  |  |
| <p><b>LIST OF ACTIVITIES</b></p>                                                                         |                                                                                   |                                                                                    |                                                                                     |
| <p><u>Organize your activities</u></p>                                                                   |                                                                                   |                                                                                    |                                                                                     |

## TIME TO TALK ABOUT YOURSELF

What do you do to have **PHYSICAL WELLBEING** during the COVID 19 pandemic? (mention 2 things at least. **AT LEAST** = no mínimo)

I .....

.....

What do you do to have **MENTAL WELLBEING** during the COVID 19 pandemic? (mention 2 things at least. **AT LEAST** = no mínimo)

I .....

.....