



Personal Care Expressions

(Expresiones del cuidado personal)

The objective for this class is to use some expressions to describe what activities do we do to take care of ourselves.

Vocabulary

1. Listen and practice the pronunciation.



Brush my teeth



Take a shower



Comb my hair



Visit the doctor



Exercise regularly



Eat healthy food



Drink water



Sleep well



Meditate



Take care of animals



Manage the stress



Spend time with family

2. Listen and select the expression



3. Based on your routine, answer these questions.

a. What do you do in the mornings after waking up?

b. At what time do you take a shower?

c. How many times a week do you exercise?

d. How often do you visit the doctor?

e. Do you like to eat healthy food?

4. Match the expression with its meaning in Spanish.

Meditate

Comb my hair

Visit the doctor

Spend time with family

Visitar al doctor

Meditar

Compartir con la familia

Peinar mi cabello

Brush my teeth

Take care of animals

Take a shower

Manage the stress

Cuidar a los animales

Tomar una ducha

Cepillar mis dientes

Manejar el estrés

Exercise
regularly

Eat
healthy
food

Sleep well

Drink
water

Dormir
bien

Beber
agua

Comer
comida
saludable

Ejercitarse

5. Write a short paragraph of at least 5 lines about your weekly routine. Use some of the expressions given before.

