

NAME: _____ COURSE: _____ DATE: _____ N° _____

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. Then write and draw the vocabulary in your portfolio. (Escucha y practica la pronunciación. Luego, escribe y dibuja el vocabulario en tu portafolio)



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



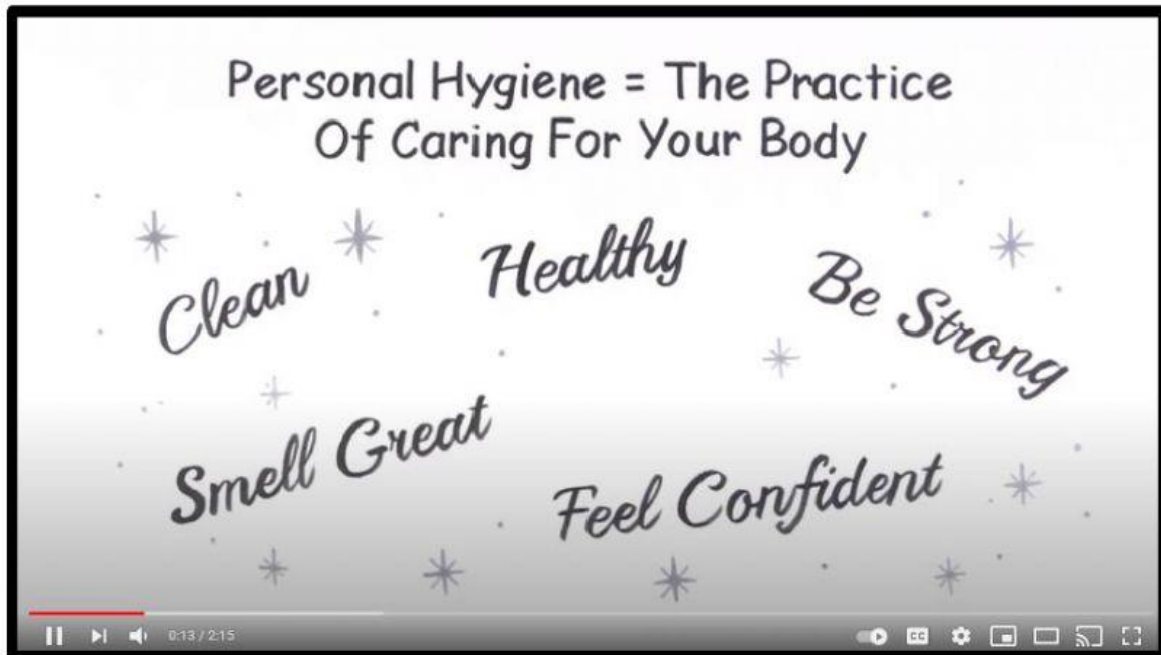
Manage the stress



Spend time with family

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2. Watch the following video and take notes. Include the categories listed below.
(mira el siguiente video y toma apuntes del vocabulario. Incluye las categorías enumeradas a continuación).



1. Objects for personal care

2. Problems due to inappropriate habits

3. Healthy habits

NOTA: No debes enviar evidencia de esta actividad, ya que se revisará la próxima clase)