

Unit 8 - HEALTHY BODY, HEALTHY MIND

Lesson 2: Reading and Phonics



Reading: Doing yoga to study and learn better

Phonics: ou - ow

Exercise 1: Write.

calm grades worry

Yoga helps children at Bronxville

Elementary School to be _____.

They learn not to _____ about

little problems and it helps them get good

_____ on tests.



Exercise 2: Read and write.

at home
it's good

easy to do
learn at school

for a long time
not to worry

in the morning
or just two

It isn't always easy to _____. When do you learn well? First thing

_____? After you play in the playground? When you are hungry or after

lunch? When you are tired? When you are sitting _____?

Children at Bronxville Elementary School in the US do yoga. They say it's fantastic.

It helps them to be calm and _____ or get angry. And when they are calm,

they get good grades in exams. They say _____ to do yoga because they
can study and learn better.

Next time you want to learn well at school or study well _____, try yoga!

It's quick and _____. You can do it in the playground or in your classroom,

sitting at your desk! You can do it in fifteen minutes ... _____! Go on!
Give it a go!

Exercise 3: Circle A, B or C.

- 1 It's sometimes difficult to learn at school when
- A you are tired and hungry.
 - B you are sitting for a long time.
 - C A and B
- 3 Yoga is good because
- A it is a fun sport.
 - B the teacher is calm.
 - C it helps children study and learn.
- 2 Children at Bronxville Elementary School
- A don't like doing yoga.
 - B think yoga is fantastic.
 - C feel angry after yoga.
- 4 Yoga is
- A quick to do.
 - B difficult to start.
 - C beautiful to watch.

Exercise 4: Odd one out. Which word has the underlined part that is pronounced DIFFERENTLY?

1



mouse



cloud



window



shower

2



town



mountain



soup



towel

3



playground



loud



cow



rainbow

Exercise 5: Complete the sentences with given words.

