Lesson 5



Preescolar y Primaria

Read and match

1 Everybody .....
2 Sleep gives you energy
3 Sleep helps you remember
4 Sleep helps you stay...
5 When you have enough sleep...
6 When you don`t have enough sleep...

a you feel tired.
b healthy.
c you feel in a good mood.
d for the next day.
e needs sleep.
f what you learn.

Read the sentences and complete them with words from the box

ten eight nine fifteen seven

1 Babies need about _____ hours of sleep a day.



2 Children need about _____ hours of sleep a day.

3 Teenagers need about _____ hours of sleep a day.

4 Adults need about _____ hours of sleep a day.

5 Old people need about _____ hours of sleep a day.

LIVEWORKSHEETS