

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.

