

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Look at the picture and **circle** the correct answer: a), b) or c). Follow the example:

ACTIONS



- a) eat healthy
b) sleep
c) exercise



- a) eat healthy
b) play sports
c) think positive



- a) have fun
b) play sports
c) exercise



- a) think positive
b) sleep
c) exercise



- a) eat healthy
b) play sports
c) talk to a friend



- a) have fun
b) play sports
c) exercise

OBSERVE - EXERCISE 2

Translate these phrases into Spanish. Use a dictionary or the glossary if you need help. Follow the example:

ENGLISH

Example: Always express your feelings.

1. Have fun every day.

2. Ask for help regularly.

SPANISH

Siempre expresa tus sentimientos.

FUN NOTE

Regular significa en español "regular" y **regularly** significa "regularmente". En inglés, cuando vemos una palabra que termine en "ly", es generalmente un adverbio y su significado en español es "mente".

Ejemplos: Inglés

a) frequent

b) slow

Español

frecuente

lento

Inglés

frequently

slowly

Español

frecuentemente

LISTEN AND READ

Listen to and read three posters about protecting our mental health.

Tips to protect our mental health

Our school is conducting a mental health campaign. Here are three posters our students created.



POSTER 1

I'm Sylvia. This is my poster with tips to protect our mental health.



TIPS TO PROTECT OUR MENTAL HEALTH!



ALWAYS EXPRESS
YOUR FEELINGS!



PLAY SPORTS
REGULARLY.



SLEEP REGULARLY.



ASK FOR HELP
REGULARLY.



THINK POSITIVE
EVERY DAY.

POSTER 2

I'm Robert. This is my poster with tips to protect our mental health.



TIPS TO PROTECT OUR MENTAL HEALTH!



HAVE FUN EVERY
DAY.



TALK TO YOUR
FRIENDS REGULARLY.



THINK POSITIVE
EVERY DAY.



ALWAYS ASK FOR
HELP.



EAT HEALTHY EVERY
DAY.

POSTER 3

I'm Claudia. This is my poster with tips to protect our mental health.



TIPS TO PROTECT OUR MENTAL HEALTH!



ALWAYS SLEEP 8 HOURS A DAY.



TALK TO FRIENDS REGULARLY.



ALWAYS EXPRESS YOUR FEELINGS.



EAT HEALTHY FOOD REGULARLY.



EXERCISE EVERY DAY.

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Write five sentences from the posters. Follow the example:

Example:



SYLVIA

1. Ask for help regularly.

2. Always _____.



CLAUDIA

3. Always _____.

4. _____ every day.



ROBERT

5. _____ regularly.

6. _____ every day.

UNDERSTAND - EXERCISE 2

Tick the tip that you find in each poster. Follow the example:

	POSTER 1	POSTER 2	POSTER 3
Example: Play sports regularly	☒	☐	☐
1. Always ask for help.	☐	☐	☐
2. Exercise every day.	☐	☐	☐
3. Always express your feelings!	☐	☐	☐
4. Talk to friends regularly.	☐	☐	☐
5. Think positive every day.	☐	☐	☐

LET'S PRACTISE!

¡NOTEMOS ALGO!

La semana pasada aprendiste los **imperativos** en inglés ¿Recuerdas para qué los usábamos?

Son usados para dar **tips, consejos o recomendaciones**.

Esta semana aprenderás el imperativo con los adverbios y frases de frecuencia 'always', 'regularly' y 'every day'.

Comparemos estos tips o consejos con y sin los adverbios. ¿Puedes identificar otros ejemplos? Encuentra oraciones en los posters para completar el grupo 2. Sigue los ejemplos:

GROUP 1 (Sin adverbio)

Play sports.
Verbo sustantivo

Sleep 8 hours.
Verbo sustantivo

Express your feelings.
Verbo sustantivo

Have fun.
Verbo sustantivo



GROUP 2 (Con adverbio)

Play sports **regularly**.
Verbo sustantivo adverbio

Always **sleep** 8 hours.
Adverbio verbo sustantivo

- a)
- b)

Completa la información del siguiente cuadro con las alternativas correctas:

- El adverbio en las oraciones, complementa y da más información acerca del:
 - verbo
 - sustantivo
- ¿Qué información te dan los adverbios: "Always", "regularly" y la frase "every day"? (puedes elegir más de una respuesta).
 - Describe el sustantivo.
 - Nos dice con qué frecuencia realizar una acción.
 - Nos da detalles más específicos acerca del consejo o tip.
 - Intensifica la urgencia del mensaje.

PRACTISE - EXERCISE 1

Unscramble the sentences to give tips for a good mental health. Follow the example:

Example:

love yourself! / Always

Always love yourself!

GOOD MENTAL HEALTH

1. to friends/ every day. / Talk
2. regularly. / Exercise
3. positive! / think / Always
4. every / fun / day. / Have
5. your / express / Always / feelings!

PRACTISE - EXERCISE 2

Discover the missing letters and learn more tips to protect our mental health. Follow the example:

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M

14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

1

four - fifteen

...what makes you happy.

Do what makes you happy.



2

nineteen - sixteen
fifteen - eighteen
twenty - nineteen

Play...

Play _____ regularly.



3

twelve - fifteen
twenty-two - five

...yourself.

Always _____ yourself.



4

Twenty - eight - nine
fourteen - eleven

...positive everyday.

_____ positive everyday.

