

ENGLISH - MENTAL HEALTH - WEEK - _____

STUDENT: _____ Grade _____ DATE: _____

Look at the picture and write the correct answer: A), B) or C). Follow the example.



- a) eat healthy
b) sleep
c) exercise



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



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

1	B
2	
3	
4	
5	
6	



- 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

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 2

Choose one that you find in each poster. Follow the example.

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

LET’S OBSERVE AND READ!

ACTIONS

Look at the pictures and complete the sentences with a verb from the box. Follow the example.

- talk
- talk
- play
- eat
- ask
- express
- sleep
- exercise



8 hours.



for advice.



healthy.



to a friend.



your feelings.



to your parents.



sports.