

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

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

ACTIONS

talk (x2) - eat - ask - sleep - play - express - exercise

Example:



Sleep

8 hours.



for advice.



healthy.



to a friend.



your feelings.



to your parents.



sports.

OBSERVE - EXERCISE 2

Look at the times and write the correct moment of the day. Follow the example:



afternoon



night



morning



evening

1. 8:00 AM

morning

2. 1:00 PM

3. 6:00 PM

4. 9:30 PM

LISTEN AND READ

Listen to and read two conversations about how to protect our mental health.

How to protect our mental health

CONVERSATION 1



Doctor: Good morning, Pedro! How do you feel today?

Pedro: Good morning, doctor! Well, I am not feeling great. My habits during lockdown are terrible.

Doctor: Tell me about a typical day in your life. For example, what do you eat every day?

Pedro: I eat pizza **every morning** and I **never** exercise. I **never** talk to my friends. I have no time. I **never** talk about my problems. I sleep 4 hours **every night**. I **always** feel tired.

Doctor: Pedro, your habits are very unhealthy. Here are my recommendations for you. First, sleep 8 hours **every night**. Eat healthy food **every morning**. Eat vegetables, fruit and super foods. Exercise **regularly**. Talk to a friend **regularly**. **Always** express your feelings.

CONVERSATION 2

Carlos: Good afternoon, Jenny! How do you feel today?

Jenny: Good afternoon, Carlos! Well, I am not feeling great. My habits during lockdown are terrible.

Carlos: Tell me about a typical day in your life. For example, do you sleep 8 hours every night?

Jenny: Honestly, I sleep 4 or 5 hours **every night**. I eat a hamburger **every day**. I **never** play sports. I **never** talk to my parents. I **never** talk about my problems.

Carlos: Jenny, your habits are very unhealthy. Here are my recommendations for you. Sleep 8 hours **every night**. Play sports **every morning**. **Always** eat healthy. Talk to your parents **regularly**. **Always** ask for advice.



LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Write the recommendations for these problems using the imperative. Follow the example:

| | PROBLEMS | RECOMMENDATIONS |
|-------------------|------------------------------------|----------------------------|
| CONVERSATION 1 | 1. I sleep 4 hours every night. | Sleep 8 hours every night. |
| | 2. I eat pizza every morning. | |
| | 3. I never talk about my problems. | |
| CONVERSATION 2 | 4. I never play sports. | |
| | 5. I never talk to my parents. | |
| | 6. I never talk about my problems. | |

UNDERSTAND - EXERCISE 2

Write (T) if it is true or (F) if it is false. Follow the example:

Example:

Jenny plays sports regularly.

F

1. Jenny eats a hamburger every afternoon.
2. Pedro never talks to friends.
3. Pedro eats pizza every afternoon.
4. Jenny never talks to her parents.
5. Jenny always plays sports.

LET'S PRACTISE!

¡NOTEMOS ALGO!

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

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

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

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

| | | |
|---|---|---|
| <p>GROUP 1 Sin adverbio o frase de frecuencia</p> <p>Express your feelings. <small>Verbo sustantivo</small></p> <p>Talk to friends. <small>Verbo sustantivo</small></p> <p>Sleep 8 hours. <small>Verbo sustantivo</small></p> <p>Exercise. <small>Verbo sustantivo</small></p> <p>Ask for advice. <small>Verbo sustantivo</small></p> | ➤ | <p>GROUP 2 Con adverbio o frase de frecuencia</p> <p>Play sports regularly. <small>Verbo sustantivo adverbio</small></p> <p>Always sleep 8 hours. <small>Adverbio verbo sustantivo</small></p> <p>Sleep 8 hours every night. <small>Verbo sustantivo frase</small></p> <p>a) <input type="text"/></p> <p>b) <input type="text"/></p> |
|---|---|---|

¿Qué podemos concluir?

Completa la conclusión eligiendo la alternativa correcta:

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

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 | Español | Inglés | Español |
| | a) careful | cuidadoso | carefully | cuidadosamente |
| | b) frequent | frecuente | frequently | _____ |

PRACTISE - EXERCISE 1

Look at Column 1 and Column 2 in the chart. Then, write at least four sentences using imperatives to give tips to protect our mental health.

| COLUMN 1 | COLUMN 2 |
|----------------------|----------------------------|
| ACTIVITY | ADVERB/PHRASE OF FREQUENCY |
| Exercise | Regularly |
| Talk to your parents | Always |
| Ask for advice | Every day |
| Sleep 8 hours | Every morning |
| Think positive | Every afternoon |
| Smile | Every evening |
| Eat healthy | Every night |

MAINTAIN A GOOD MENTAL HEALTH



Example: Exercise regularly.

1. _____
2. _____
3. _____
4. _____

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 - thirteen
nine - twelve - five Always... Always _____



3 twenty - eight - nine
fourteen - eleven ...positive every day. _____ positive every day.



4 five - fourteen - ten
fifteen - twenty-five ...nature regularly. _____ nature regularly.



Activity

DO IT YOURSELF - D.I.Y. (day 4)

LET'S CREATE!

Read what many teens and children do during the lockdown.



Activities many teens and children do during the lockdown

- They sleep three hours every night.
- They eat unhealthy food, for example they eat hot dogs or drink a coke regularly.
- They never exercise.
- They feel sad every day.
- They never talk about their problems.
- They frequently watch TV every day.



Now, create a poster giving tips to protect our mental health.

Step 1: Write appropriate tips to protect teens and children's mental health during the lockdown.

- 1. Tip 1:
- 2. Tip 2:
- 3. Tip 3:
- 4. Tip 4:
- 5. Tip 5:
- 6. Tip 6:

