



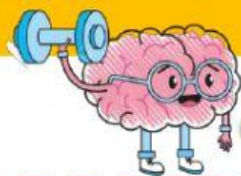
PERÚ

Ministerio
de EducaciónAPRENDO
en casa

ENGLISH LEVEL - PRE "A1"

WEEK 21

"MENTAL HEALTH"



PROPÓSITO DE LA SESIÓN Leeremos 3 posters con consejos para proteger nuestra salud mental. Identificaremos vocabulario y estructuras para dar consejos. Finalmente, elaboraremos un poster con consejos para proteger nuestra salud mental.

1

LET'S OBSERVE AND READ

EXERCISE 1

Look at the picture and circle the correct answer.



- 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

EXERCISE 2

Read the fun note about adverbs

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) frequent	frecuente	frequently	frecuentemente
b) slow	lento	slowly	



2

LET'S UNDERSTAND

Write five sentences from the poster.



SYLVIA

1. Ask for help regularly.

2. Always _____.

3. Always _____.

4. _____ every day.



CLAUDIA

5. _____ regularly.

6. _____ every day.



ROBERT

EXERCISE 2

Tick ☒ the tip that you find in each poster.

Tips to protect our mental health

POSTER 1

POSTER 2

POSTER 3

1. Always ask for help.
2. Exercise every day.
3. Play sports regularly.
4. Talk to friends regularly.
5. Think positive every day.

3

LET'S PRACTICE

IMPERATIVES

Play sports.
Verbo sustantivoHave fun.
Verbo sustantivoSleep 8 hours.
Verbo sustantivo

IMPERATIVES (Con adverbio)

Play sports regularly.
Verbo sustantivo adverbioHave fun every day.
Verbo sustantivo adverbioAlways sleep 8 hours.
Adverbio verbo sustantivo

EXERCISE 1

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

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!



4

LET'S CREATE

Create a poster with 5 tips to protect our mental health.

EXAMPLE:



GLOSARIO

INGLÉS	CASTELLANO
always	siempre
ask for help	pedir ayuda
enjoy nature	disfrutar la naturaleza
every day	cada día / todos los días
have fun	diviértete
how to protect	cómo proteger
love yourself	ámate a ti mismo(a)
mental health	salud mental
never	nunca
sad	triste
think	pensar
tips to protect	consejo(s) para mejorar

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LET'S SHARE

Record your voice and send it to your teacher in WhatsApp



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I.E. BERNARDO O'HIGGINS