PERÚ Ministerio de Educación

APRENDO 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, **elaboraras** 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	frequent**ly**	frecuente**mente**
b)	slow	lento	slow**ly**	_____

2 LET'S UNDERSTAND

Write five sentences from the poster.

SYLVIA

1. Ask for help regularly.
2. Always _____.

CLAUDIA

3. Always _____.
4. _____ every day.

ROBERT

5. _____ regularly.
6. _____ every day.

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.			

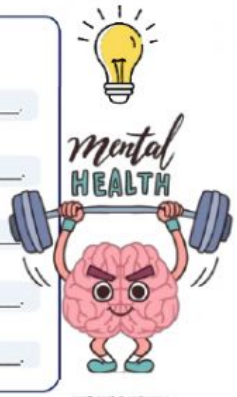
3 LET'S PRACTICE

IMPERATIVES		IMPERATIVES (Con adverbio)
Play (Verbo) sports. (sustantivo)	→	Play (Verbo) sports (sustantivo) regularly. (adverbio)
Have (Verbo) fun. (sustantivo)	→	Have (Verbo) fun (sustantivo) every day. (adverbio)
Sleep (Verbo) 8 hours. (sustantivo)	→	Always (Adverbio) sleep (verbo) 8 hours. (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	disfruta 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

5 LET'S SHARE

Record your voice and **send** it to your teacher in WhatsApp

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