PERÚ Ministerio de Educación

APRENDO en casa
Educación Secundaria

English: Level A1

WEEK 11

Let's protect our mental health!*

Activity Our mental health (day 2)

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.



2 _____



3 _____ for advice.



4 _____ healthy.



5 _____ to a friend.



6 _____ your feelings.



7 _____ to your parents.



8 _____ 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 _____