

# MY HEALTHY DAILY ROUTINE

Welcome to the  
second activity  
for the unit #4

# Activity 1

Write a short paragraph describing your daily self-care routine using appropriate grammar and vocabulary.

## Instructions:

- Write a paragraph (6–8 sentences) about what you do every day to take care of yourself.
- Include actions like brushing your teeth, eating healthy food, sleeping early, and saying “no” to unsafe situations.

  

- **Use phrases like:**
- “I brush my teeth in the morning.”
- “I eat fruits and vegetables.”
- “I talk to my parents if I feel sad or scared.”

# Activity 2

Listen careful every word and and form the sentence in the correct way.



my I hands wash



Ana teeth her brushes



go to early I bed



Samantha a shower takes everyday



fruits eats and Samuel  
vegetables



drink I everyday water