

Task: Choose the best option to complete the sentence.

Options:

- drink water
- sleep well
- relax
- eat well
- get enough vitamin D
- exercise
- have a hobby
- spend time with friends
- less screen time

1. When you are tired, it is important to _____.
2. To stay strong and healthy, you should _____ every day.
3. To feel happy and not bored, it's good to _____.
4. Your body needs sunlight to _____.
5. You should _____ to keep your skin and body healthy.
6. After school or work, it's good to _____ and not feel stressed.
7. A good way to feel better is to _____ and enjoy good food.
8. It's healthy to _____ and not watch too much TV or phone.
9. When you feel lonely, you can _____ to feel better.