

1 Write.

calm grades worry

Yoga helps children at Bronxville Elementary School to be _____. They learn not to _____ about little problems and it helps them get good _____ on tests.

**2 Read and write.**at home
it's goodeasy to do
learn at schoolfor a long time
not to worryin the morning
or just two

It isn't always easy to _____. When do you learn well? First thing _____? After you play in the playground? When you are hungry or after lunch? When you are tired? When you are sitting _____?

Children at Bronxville Elementary School in the US do yoga. They say it's fantastic. It helps them to be calm and _____ or get angry. And when they are calm, they get good grades in exams. They say _____ to do yoga because they can study and learn better.

Next time you want to learn well at school or study well _____, try yoga! It's quick and _____. You can do it in the playground or in your classroom, sitting at your desk! You can do it in fifteen minutes ... _____! Go on! Give it a go!

3 Read again. Circle A, B or C.

1 It's sometimes difficult to learn at school when

- A you are tired and hungry.
- B you are sitting for a long time.
- C A and B

3 Yoga is good because

- A it is a fun sport.
- B the teacher is calm.
- C it helps children study and learn.

2 Children at Bronxville Elementary School

- A don't like doing yoga.
- B think yoga is fantastic.
- C feel angry after yoga.

4 Yoga is

- A quick to do.
- B difficult to start.
- C beautiful to watch.