

IMPERATIVES

by Julian Conde

I. Write the name of the illness.













II. Complete with the verbs from the box.

- ✓ _____ your hands before eating.
- ✓ _____ your teeth twice a day.
- ✓ _____ plenty of water every day.
- ✓ _____ enough sleep to stay energized.
- ✓ _____ more fruits and vegetables for vitamins.
- ✓ _____ sugary snacks to protect your teeth.



drink
eat
don't eat
wash
brush
get

III. Match the imperative with the situation.

- | | |
|-----------------------------------|---|
| 1. You had a fight with a friend. | ___ 😊 Stay positive and avoid stress. |
| 2. You are nervous for an exam. | ___ 📺 Take breaks from screens to rest your eyes. |
| 3. You work with a computer. | ___ 🧠 Practice deep breathing when feeling anxious. |
| 4. You can't control anxiety. | ___ 💬 Talk to someone if you feel upset. |

