

Exercise 1:

Listen to the audio: Put a tick on the box according to what you hear:

- ☐ **Exercise**
- ☐ **Eat healthier**
- ☐ **Learn new skills**
- ☐ **Be happier**
- ☐ **Help other people**
- ☐ **Spend time outdoors**
- ☐ **Reduce plastic use**
- ☐ **Meditate**
- ☐ **Take pictures**