UP English Center

Name: _____

Class: _____

1. Fill in the blanks.

VERBS	PICTURES	ACTIVITIES
Watch		He's watching TV.
P_____		_____
		_____
R_____		_____
		_____

LIVEWORKSHEETS

2. Read and select "True" or "False".

Go to sleep

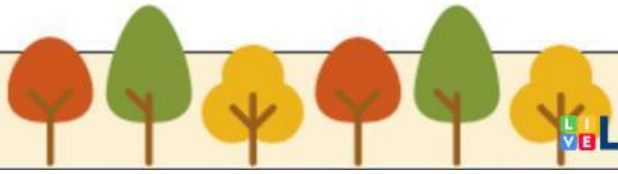
Sleep is very important. Did you know that sleep is more important than food? A person who does not sleep dies at a younger age than a person who does not eat.

How much sleep do we need? We are all different. A baby needs 16 hours of sleep every day. Children 6 to 12 years old need an average of 10 to 12 hours of sleep. A teenager needs 9 to 10 hours of sleep.

	True"	"False"
Sleep isn't important.		
A baby needs 16 hours of sleep every day.		
Children 10 years old don't need to sleep.		
Food is not important than sleep.		
A person who sleeps well lives longer than someone who doesn't sleep.		

LIVEWORKSHEETS

3. Tell me about your activities to make you strong:
What do you do?
What kind of exercises do you like?



LIVEWORKSHEETS