Kurikulum Merdeka

ENGLISH LEARNING WORKSHEET

CHAPTER 5: EMBRACE YOURSELF

UNIT 1:

BE YOUR SELF

Name : .....

Class : .....

8th Grade

LIVEWORKSHEETS

Upon completion this chapter, you should be able to:

- Ask for and give opinions on various topics, including self-care, personal hygiene activities, and self-love, related to the theme "Embrace Yourself."
- Identify key information from a given text.

SHORT MATERIAL REVIEW

Asking for and Giving Opinion

Asking for an **opinion** is when you **ask** someone what they **think or feel** about something.
Giving an **opinion** is when you **share** your own **thoughts or feelings**.

Expression of asking for Opinion (*Meminta Pendapat*):

- What do you think about... ?
- How do you feel about... ?
- What's your opinion about... ?
- Do you agree with...

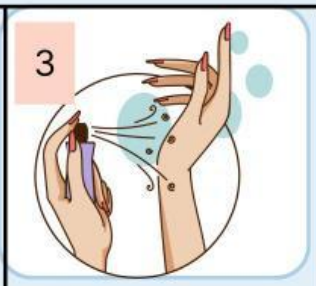
Expression of Giving Opinion (*Memberikan Pendapat*):

No.	Expressing opinions with 'I'	Other expressions
1.	I think (that) ...	In my view ...
2.	Personally, I think (that) ...	In my opinion ...
3.	I believe (that) ...	According to me ...
4.	I am sure (that) ...	From my point of view ...

LIVEWORKSHEETS

A. Fill in the blanks below the picture with the activity names! Use the table with activity names to help you.

Cutting fingenails	Washing your feet	Aplying body lotion	Aplying pomade
Brush teeth	Wearing perfume	Taking bath	Using deodorant
Putting make up on	Combing hair	Washing your face	Applying a face mask

1	2	3 	4
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LIVEWORKSHEETS

B. Match the picture with the correct opinion about the activity!

After a long day, I love applying body lotion. It makes my skin feel soft and smooth, and I think it's a nice way to relax

Cutting my nails is a simple task, but it helps me feel organized. I think it's important to keep my nails tidy

I never skip brushing my teeth. It's essential for my health and helps me feel fresh. I believe it's one of the most important habits.

I think wearing perfume gives me confidence. It's like an invisible accessory that completes my outfit and helps me feel good about myself

I don't always have time for a full skincare routine, but when I do, it makes me feel pampered. In my opinion, taking care of your skin is a way of showing love to yourself.

LIVEWORKSHEETS

C. Look at the poster and answer the questions below!

Source: Indonesia Environment & Energy Center

1. What is the main focus of the poster?
A) How to dress properly
B) Tips for maintaining personal hygiene
C) Ways to stay healthy
D) How to improve mental health

2. According to the poster, how many times should you shower each day?
A) Once a day
B) Twice a day
C) Once a week
D) Only when necessary

3. What do you think about the importance of washing your feet? Do you think it is an essential part of personal hygiene?
A) Yes, it's very important to wash your feet daily.
B) No, washing feet is not as important as brushing teeth.
C) Only people with foot problems need to wash their feet.
D) It doesn't really matter.

4. Why do you think the poster emphasizes keeping hair clean?
A) It's a personal choice and doesn't affect hygiene.
B) Dirty hair can lead to scalp problems and affect overall hygiene.
C) Hair cleanliness is not as important as skin cleanliness.
D) Hair should be washed only once a week.

5. Which of the following activities, according to the poster, directly impacts physical health the most, and why?
A) Wearing clean clothes, because it gives a feeling of freshness.
B) Washing your hands with soap, because it helps prevent the spread of germs and illnesses.
C) Clipping your nails, because it makes you look presentable.
D) Keeping your hair clean, because it helps with appearance.

LIVEWORKSHEETS

D. Based on the text, chose the correct answer below !

THE IMPORTANCE OF PERSONAL HYGIENE

One day, Sarah asked her friend Maya, "What do you think about personal hygiene or self-care routines? Do you think they really make a difference?" Maya paused for a second, then replied, "Absolutely! I believe they're crucial. When I take care of myself—like cutting my nails, brushing my teeth, and using lotion—I feel so much better, both physically and mentally." Sarah thought for a moment and said, "I've never really seen it that way. I usually just do the basics, like brushing my teeth and cutting my nails when needed."

Maya smiled and continued, "It's not just about looking good, it's about feeling good. I've started applying body lotion every day after my shower, and it makes my skin feel so soft. I also make sure to wear deodorant and a little perfume—it just gives me a fresh feeling that lasts all day." Sarah was curious now. "Do you think it really helps with your mood?" she asked. "Definitely," Maya answered. "When I take time for these little things, it boosts my confidence and helps me stay positive throughout the day."

1. What is the main purpose of Sarah asking Maya, "What do you think about self-care routines?"
A) To start a conversation about beauty products.
B) To learn about Maya's personal routine.
C) To know Maya's opinion on the importance of self-care.
D) To criticize self-care routines.

2. Maya's response to Sarah's question, "Do you think they really make a difference?" suggests that she believes self-care routines:
A) Are unimportant and should be avoided.
B) Only matter when others notice.
C) Are essential for overall well-being and confidence.
D) Should be performed only for cosmetic reasons.

3. What can be concluded from Maya's opinion about self-care routines?
A) Self-care routines are only about appearance.
B) Self-care routines help boost both physical and mental well-being.
C) Self-care routines are not important for feeling good.
D) Self-care routines are only necessary for looking good.

4. Which activities are not mentioned in the text?

A)

B)

C)

D)

LIVEWORKSHEETS

E. Drag and drop the sentences to classify them as expressions for asking or giving opinions in the table.

I think it's a small thing that makes a big difference in how I feel.	I believe they're important for both physical and mental well-being.
Do you think they really make a difference?	What's your opinion on wearing perfume and deodorant?
I believe they're crucial.	Please tell me, what is your skincare routine?
I take care of myself.	How do you feel about cutting your nails and brushing your teeth?

Asking for Opinion	Giving Opinion

Draw connecting lines to match the expressions for asking for opinions with the correct responses.

What do you think of the new school uniform?	1	a	I haven't seen it yet, but I heard it's really exciting.
What's your opinion on studying online instead of in the classroom?	2	b	I think it's a bit uncomfortable, but it looks nice.
How do you feel about the new movie everyone is talking about?	3	c	I think it's good, but I miss my classmates.
Do you agree with the new rules in our school?	4	d	I love it! It's a great way to relax and enjoy nature.
How do you feel about going to the park on weekends?	5	f	No, I don't agree. I think they're too strict and unfair.

LIVEWORKSHEETS

F. Watch the video and answer the questions below!

Source: Indonesia Environment & Energy Center

1. What is the most important relationship mentioned in the video? How does it connect to embracing yourself?
   A) Your relationship with your friends
   B) Your relationship with your family
   C) Your relationship with yourself
   D) Your relationship with your partner

2. What is the key message about happiness from the video, and how does it relate to self-love and self-acceptance?
   A) Happiness comes from external achievements.
   B) You have to find happiness in others.
   C) You are in control of your happiness.
   D) Happiness is not important.

3. What does the speaker suggest you need to do to achieve happiness?
   A) Rely on others to make decisions for you.
   B) Focus on external validation.
   C) Be happy and take control of your own decisions.
   D) Wait for happiness to come to you.

4. In your opinion, how can we "embrace ourselves" based on the video's message?
   A) By focusing only on pleasing others and ignoring our own needs.
   B) By taking control of our decisions and making ourselves a priority.
   C) By avoiding difficult decisions and following the crowd.
   D) By depending on others to define our happiness.

LIVEWORKSHEETS

G. Read the text and fill the blank the sentences below!

EMBRACE YOURSELF WITH SELF-CARE

One sunny afternoon, Lina asked her friend Aria, "What do you think about using makeup and taking care of your skin every day?" Aria smiled and responded, "I believe makeup is a fun way to express who you are, but it's essential to do it for yourself, not because you feel pressured by others. Personally, I enjoy taking care of my skin because it makes me feel relaxed and confident."

Lina thought for a moment and said, "I haven't paid much attention to my skin before, but I've noticed when I take a little time to care for myself, I feel better about myself. Maybe I should start focusing on it more." Aria nodded, "Absolutely! Self-care is all about taking time for yourself and feeling your best, not for anyone else."

Fill in the blanks:

1. Lina asked Aria, "What do you think about _____ (using makeup/taking care of your skin) every day?"
2. Aria said, "I think _____ (makeup is a way to express yourself/skin care routines help you feel confident), but it's essential to do it for yourself, not because you feel pressured by others."
3. Lina admitted, "I haven't paid much attention to _____ (my skin/my makeup) before, but when I take time to care for myself, I feel more _____ (confident/relaxed)."
4. Aria emphasized, "Self-care isn't just about looking good for others; it's about _____ (feeling your best/loving yourself)."

LIVEWORKSHEETS