

Mind & Body: Relaxation

Name: _____

Date: _____

1

Grammar: have and need to

have = a feeling or condition need to + verb = an action that helps

Grammar: *have* describes a feeling or condition. *need to + verb* says what action helps.

Question	Answer	Follow up with need to	Answer
Do you have a headache?	Yes, I do.	Do you need to take aspirin?	Yes, I do.

A Read each sentence. Circle the correct word.

Circle the correct word.

- I _____ sore muscles. (have/need)
- She _____ stretch. (has/needs to)
- He _____ low energy. (has/needs to)
- They _____ rest. (have/needs to)
- I _____ a headache. (have/has/need to)
- She _____ inhale and exhale slowly. (has/have/needs to)
- He _____ exercise his shoulders. (has to/have/needs to)
- They _____ breathe and relax. (has/have/need to)

B Fill in the blank. Use: *have / has / need to / needs to*

have	has	need to	needs to
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Sentence

Write the word

- Do you _____ a stomachache?

	Sentence	Write the word
2.	Yes. I _____ to lie down.	
3.	Does she _____ sore legs?	
4.	Yes. She _____ to stretch.	
5.	Do they _____ low energy?	
6.	Yes. They _____ to rest.	
7.	Does he _____ stress?	
8.	Yes. He _____ to breathe slowly.	

2

Pronunciation: Syllables & Stress

A syllable = one vowel sound. The strong syllable is louder and longer.

Syllables: Count each vowel sound. Mark the strong syllable with a dot · above it.

Example: ·IN | hale = 2 syllables, strong: IN

A How many syllables? Write the number.

- | | | |
|----|---------|--|
| 1. | breathe | |
| 2. | inhale | |
| 3. | exhale | |
| 4. | stretch | |
| 5. | relax | |

- | | | |
|-----|-----------|--|
| 6. | mindful | |
| 7. | meditate | |
| 8. | awareness | |
| 9. | sit | |
| 10. | unwind | |

B The word is split into syllables. Write the STRONG (stressed) syllable.

	Word	Syllables (split for you)	Write the STRONG syllable
1.	exhale	ex hale	
2.	inhale	in hale	
3.	relax	re lax	
4.	mindful	mind ful	
5.	meditate	me di tate	
6.	unwind	un wind	

Remember: I **have** stress. I **need to** breathe slowly. I **have** sore muscles. I **need to** stretch.