



## CENTRO INTERESCOLAR DE LÍNGUAS DE SOBRADINHO

Student's name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Level: CICLO 3 Date: \_\_\_\_\_

### EXERCISE – WELLBEING – PART 1

#### WORD SEARCH

1. Find 09 words linked to WELLBEING. After WRITE them DOWN.

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| H | G | H | L | A | E | H | E | L | K |
| B | A | L | A | N | C | E | N | I | P |
| G | T | P | D | A | X | A | J | F | S |
| R | I | V | P | Y | O | L | O | S | E |
| A | T | H | T | I | M | T | M | T | L |
| T | U | N | K | B | N | H | T | L | F |
| I | E | L | Y | T | S | E | F | I | L |
| T | O | D | K | F | L | E | S | B | O |
| U | E | R | A | C | F | L | E | S | V |
| D | T | N | E | M | Y | O | J | N | E |
| E | M | I | N | D | F | U | L | M | Q |

1. .... 4. .... 7. ....  
2. .... 5. .... 8. ....  
3. .... 6. .... 9. ....

2. Now use the words from exercise 1 to complete the following sentences.

- Physical wellbeing is important if the person wants to keep his/her .....  
and .....
- A person has good wellbeing if there is a ..... between physical and mental wellbeing.
- If someone helps the others, the ones that are helped usually have the feeling of .....
- When a person eats fruits, vegetables, sleeps 8 hours a day, does physical exercises, it means this person has a ..... He/ She cares about his /her health.
- If you are ....., you are aware (consciente) of your body, your mind (mente) and your feelings (sentimentos.)

## PHYSICAL WELLBEING

Look at the pictures and write down the words that correspond to them. Which **WAYS OF HAVING PHYSICAL WELLBEING** are they linked to?

|                                                                                                          |                                                                                   |                                                                                    |                                                                                     |
|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <p><b>EXAMPLE:</b></p>  |  |  |  |
| VEGETABLES                                                                                               |                                                                                   |                                                                                    |                                                                                     |
| <u>Eat Well</u>                                                                                          |                                                                                   |                                                                                    |                                                                                     |

## MENTAL WELLBEING

Look at the pictures and write down the words that correspond to them. Which **WAYS OF HAVING MENTAL WELLBEING** are they linked to?

|                                                                                                           |                                                                                    |                                                                                     |                                                                                      |
|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p><b>EXAMPLE:</b></p>  |  |  |  |
| LIST OF ACTIVITIES                                                                                        |                                                                                    |                                                                                     |                                                                                      |
| <u>Organize your activities</u>                                                                           |                                                                                    |                                                                                     |                                                                                      |

## TIME TO TALK ABOUT YOURSELF

What SHOULD you do to have PHYSICAL WELLBEING during the COVID 19 pandemic? (mention 2 things at least. **AT LEAST** = no mínimo)

I .....

.....

What SHOULD you do to have MENTAL WELLBEING during the COVID 19 pandemic? (mention 2 things at least. **AT LEAST** = no mínimo)

I .....

.....