



EXPRESS YOURSELF

4 Think about these questions. Use the ideas in the box to help you.

eat more fruit
start a new sport / hobby
talk to your parents / friends / teachers
go for a walk listen to music

- 1 Do you have a healthy diet?
- 2 Do you take one hour of exercise a day?
- 3 Are you happy with your social life?
- 4 Do you worry about school work?

Please type your answers in the space provided.

1. Do you have a healthy diet?

2. Do you take one hour or exercise a day?

3. Are you happy with your social life?

4. Do you worry about school work?
