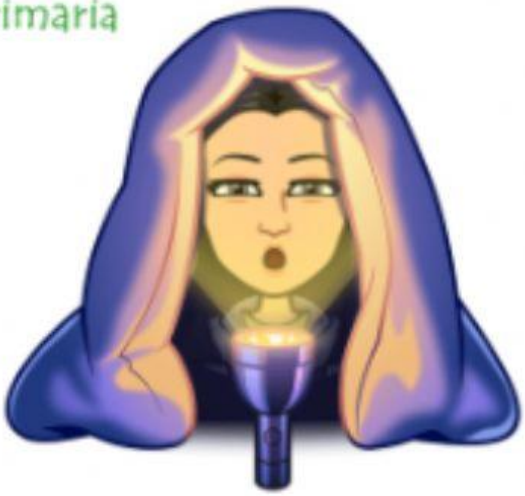
SLEEP

Preescolar y Primaria

Lesson 5



Read and match

Ideas to help you to sleep

It is sometimes difficult to go to sleep:

To sleep well, always:

- go to bed at the same time every day.
- do an activity to relax before you go to bed.
- keep your bedroom quiet and dark.



Just before you go to bed, never:

- eat a big dinner.
- drink cola or other fizzy drinks.
- play computer games.
- do sports.



Write sentences about you. Use always, sometimes or never.

1  I always drink a glas of milk.

2  _____.

3  _____.

4  _____.

5  _____.

6  _____.

LIVEWORKSHEETS