



# UNIT 2: HEALTHY HABITS



1. LOOK AT THE IMAGES AND WRITE IN THE BOX IF THEY ARE MENTAL ACTIVITIES (MA) PHYSICAL ACTIVITIES (PA). OBSERVA LAS IMAGENES Y ESCRIBE SI SON ACTIVIDADES FISICA(PA) O ACTIVIDADES MENTALES(MA).



2. MATCH THE CONCEPTS WITH THE CORRECT PIECES OF INFORMATION. UNE LOS CONCEPTOS CON LA INFORMACION CORRECTA.

- a. Walk**   **b. Games**   **c. Dance**  
**d. Cook**   **e. Sleep**   **f. Relax**  
**g. Read**



Sometimes, the best thing to do if your mind needs a break is to do nothing. Just rest!



Probably the easiest one to do. You can create a new healthy habit if you do it every day.



There are plenty of these that you can play with your friends which are also great physical activities.



Do you like music? Then this might be your favorite activity, if you do it for more than 15 minutes.



Some people love it because they find it relaxing and fun. It is also a great opportunity to start eating healthier too.



Doing it for 8 hours a day is very important for your health, especially when you are growing up.



It is great for your imagination and will help you discover worlds that are hidden inside the pages.