

Name: _____

Date: _____

Comprehensive sexuality education

1. You are going to listen to a song called: "count on me" by Bruno Mars.



Count on



to trust somebody to do something

2. Watch the videos. You have two options, you can choose one or you can watch both of them.



3. Now, complete the gaps with the correct information from the song.

If you ever find yourself stuck in the middle of the sea, _____

If you ever find yourself lost in the dark and you can't see, _____

Find out what we're made of

When we are called to help our friends in need

You can count on me like one two three, _____

And I know when I need it

I can count on you like four three two, _____

'Cause that's what friends are supposed to do, oh yeah

Whoa, whoa, Oh, oh, Yeah, yeah

If you tossing and you're turning and you just can't fall asleep, _____

Beside you


And if you ever forget how much you really mean to me, _____

Ooh Find out what we're made of

When we are called to help our friends in need

You can count on me like one two three, _____

4. Look at the following chart about emotions. Choose 3 emotions or feelings you felt in lockdown.

 LOVED	 HAPPY	 CONTENT	 SLEEPY	 SAD	 HEARTBROKEN	 STRESSED	 WORRIED	 ANGRY
 ESTATIC	 WARM	 AFFECTIONATE	 SHOCKED	 ANXIOUS	 HESITANT	 CONFUSED	 DEPRESSED	 BETRAYED
 INTELLIGENT	 LUCKY	 CONFIDENT	 SKEPTICAL	 SCARED	 HELPLESS	 DISAPPOINTED	 IRRITATED	 EXPLOSIVE
 ACCEPTED	 HOPEFUL	 PLAYFUL	 HOPELESS	 INVISIBLE	 FRUSTRATED	 POWERLESS	 DISGUSTED	 VIOLENT
 STRONG	 SILLY	 GOOD	 UNSURE	 EMPTY	 WORTHLESS	 GUARDED	 SNEAKY	 RAGE
 UNBREAKABLE	 EXCITED	 ABANDONED	 LOST	 ALONE	 REJECTED	 TOXIC	 HURT	 OVERWHELMED

Now write the words in the following link: <https://www.menti.com/57bbxnq15p>

5. What pieces of advice would you give to a friend, relative or any person to take care of themselves during lockdown?

For example: *I think people should call their grandparents so they don't feel lonely.*

I believe people should try new things, like dancing on a Zoom class.

Go here and add your recommendations. Add a photo or image related to the message you are giving: <https://padlet.com/rosaperalta0676/905k3qvjpa74549d>