

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Look at the pictures and complete the sentences with a verb from the box. Follow the example:

ACTIONS

talk (x2) - eat - ask - sleep - play - express - exercise

Example:



Sleep

8 hours.



for advice.



healthy.



to a friend.



your feelings.



to your parents.



sports.

OBSERVE - EXERCISE 2

Look at the times and **write** the correct moment of the day. Follow the example:



afternoon



night



morning



evening

1. 8:00 AM morning

2. 1:00 PM

3. 6:00 PM

4. 9:30 PM

LISTEN AND READ

Listen to and read two conversations about how to protect our mental health.

How to protect our mental health

CONVERSATION 1



Doctor: Good morning, Pedro! How do you feel today?

Pedro: Good morning, doctor! Well, I am not feeling great. My habits during lockdown are terrible.

Doctor: Tell me about a typical day in your life. For example, what do you eat every day?

Pedro: I eat pizza **every morning** and I **never** exercise. I **never** talk to my friends. I have no time. I **never** talk about my problems. I sleep 4 hours **every night**. I **always** feel tired.

Doctor: Pedro, your habits are very unhealthy. Here are my recommendations for you. First, sleep 8 hours **every night**. Eat healthy food **every morning**. Eat vegetables, fruit and super foods. Exercise **regularly**. Talk to a friend **regularly**. **Always** express your feelings.

CONVERSATION 2

Carlos: Good afternoon, Jenny! How do you feel today?

Jenny: Good afternoon, Carlos! Well, I am not feeling great. My habits during lockdown are terrible.

Carlos: Tell me about a typical day in your life. For example, do you sleep 8 hours every night?

Jenny: Honestly, I sleep 4 or 5 hours **every night**. I eat a hamburger **every day**. I **never** play sports. I **never** talk to my parents. I **never** talk about my problems.

Carlos: Jenny, your habits are very unhealthy. Here are my recommendations for you. Sleep 8 hours **every night**. Play sports **every morning**. **Always** eat healthy. Talk to your parents **regularly**. **Always** ask for advice.



LET'S UNDERSTAND!**UNDERSTAND - EXERCISE 1**

Write the recommendations for these problems using the imperative. Follow the example:

	PROBLEMS	RECOMMENDATIONS
CONVERSATION 1	1. I sleep 4 hours every night.	Sleep 8 hours every night.
	2. I eat pizza every morning.	
	3. I never talk about my problems.	
CONVERSATION 2	4. I never play sports.	
	5. I never talk to my parents.	
	6. I never talk about my problems.	

UNDERSTAND - EXERCISE 2

Write (T) if it is true or (F) if it is false. Follow the example:

Example:

Jenny plays sports regularly.

F

- Jenny eats a hamburger every afternoon.
- Pedro never talks to friends.
- Pedro eats pizza every afternoon.
- Jenny never talks to her parents.
- Jenny always plays sports.

LET'S PRACTISE!

¡NOTEMOS ALGO!

La semana pasada aprendiste los **imperativos** en inglés ¿Recuerdas para qué los usábamos?

Son usados para dar **consejos o tips**.

Esta semana aprenderás el imperativo con los adverbios y frases de frecuencia 'always', 'regularly', 'every morning', 'every afternoon', 'every night' y 'every day'.

Comparemos estos consejos o tips con y sin los adverbios y frases. ¿Puedes identificar otros ejemplos? Encuentra oraciones en las conversaciones para completar el grupo 2. Sigue los ejemplos:

GROUP 1
Sin adverbio o frase de frecuencia

Express your feelings.
Verbo sustantivo

Talk to friends.
Verbo sustantivo

Sleep 8 hours.
Verbo sustantivo

Exercise.
Verbo sustantivo

Ask for advice.
Verbo sustantivo



GROUP 2
Con adverbio o frase de frecuencia

Play sports **regularly**.
Verbo sustantivo adverbio

Always **sleep** 8 hours.
Adverbio verbo sustantivo

Sleep 8 hours **every night**.
Verbo sustantivo frase

- a)
- b)

¿Qué podemos concluir?

Completa la conclusión eligiendo la alternativa correcta:

- El adverbio y las frases con 'every' en las oraciones complementa y da más información acerca del:
 - verbo
 - sustantivo
- ¿Qué información te dan los adverbios: "Always", "regularly" y el determinante "every" (puedes escoger más de una opción).
 - Describe el sustantivo.
 - Nos da detalles más específicos acerca del consejo.
 - Nos dice con qué frecuencia realizar una acción.
 - Intensifica la urgencia del mensaje.

FUN NOTE

Regular significa en español "regular" y **regularly** significa "regularmente". En inglés, cuando vemos una palabra que termine en "ly", es generalmente un adverbio y su significado en español es "mente".

Ejemplos:	Inglés	Español	Inglés	Español
a)	careful	cuidadoso	carefully	cuidadosamente
b)	frequent	frecuente	frequently	_____

PRACTISE - EXERCISE 1

Look at Column 1 and Column 2 in the chart. Then, write at least four sentences using imperatives to give tips to protect our mental health.

COLUMN 1

ACTIVITY

Exercise
Talk to your parents
Ask for advice
Sleep 8 hours
Think positive
Smile
Eat healthy

COLUMN 2

ADVERB/PHRASE OF FREQUENCY

Regularly
Always
Every day
Every morning
Every afternoon
Every evening
Every night

MAINTAIN A GOOD MENTAL HEALTH



Example: Exercise regularly.

1. _____ 3. _____
2. _____ 4. _____

PRACTISE - EXERCISE 2

Discover the missing letters and learn more tips to protect our mental health. Follow the example:

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M
14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

- 1 four - fifteen ...what makes you happy. Do what makes you happy.
- 2 nineteen - thirteen
nine - twelve - five Always... Always _____
- 3 twenty - eight - nine
fourteen - eleven ...positive every day. _____ positive every day.
- 4 five - fourteen - ten
fifteen - twenty-five ...nature regularly. _____ nature regularly.



Activity

DO IT YOURSELF - D.I.Y. (day 4)

LET'S CREATE!

Read what many teens and children do during the lockdown.



Activities many teens and children do during the lockdown

- They sleep three hours every night.
- They eat unhealthy food, for example they eat hot dogs or drink a coke regularly.
- They never exercise.
- They feel sad every day.
- They never talk about their problems.
- They frequently watch TV every day.



Now, create a poster giving tips to protect our mental health.

Step 1: Write appropriate tips to protect teens and children's mental health during the lockdown.

1. Tip 1:
2. Tip 2:
3. Tip 3:
4. Tip 4:
5. Tip 5:
6. Tip 6:

