



# APRENDO en casa

English

ESCRIBIMOS UN MENSAJE DE WHATSAPP CON RECOMENDACIONES DE SALUD MENTAL  
USANDO EL MODAL SHOULD/SHOULDN'T Y LAS EXPRESIONES LESS OFTEN/MORE  
OFTEN/LESS OFTEN

## Objective:

- Today we'll write a WhatsApp message with recommendations of Mental health.

## Materials:

- Your cellphone with WhatsApp.
- Spanish-English dictionary.
- Pen, pencil and colored pencil.
- Aprendo en Casa A2 activities.

## Evaluation criteria list:

Read the following list and take them into consideration.

TEXTO: "WHATSSAPP MESSAGE WITH RECOMMENDATIONS"		YES	NO
1	Creaste 4 recomendaciones que guardan relación con la información de la situación de tu compañero(a) elegido (según la información en el reporte).		
2	Tus oraciones tienen un orden y sentido, las uniste usando conectores adecuados.		
3	Ampliaste la información de las recomendaciones usando vocabulario sobre el tema.		
4	Usaste el modal SHOULD/SHOULDN'T y te apoyaste con las expresiones MORE OFTEN, LESS OFTEN o SO OFTEN.		
5	Saludaste a tu compañero y de manera cordial le brindaste tus consejos.		

## Activities:

1. **QUIZ:** Make the quiz of 'Aprendo en Casa' (English A2, week 13, p. 3) and write your results in the spaces. Finally, according to your results, choose a recommendation (tick it).



RECOMMENDATIONS

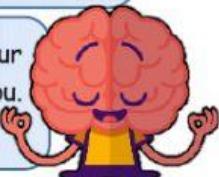
QUIZ ANSWERS

Mostly A: Good job! You should continue with your habits.

- a) b) c)
- a) b) c)
- a) b) c)
- a) b) c)

Mostly B: Almost there! You should sleep between 8 and 10 hours a night. Remember you should exercise, eat fruits and vegetables and do activities that you like more often.

Mostly C: You are not alone! You should talk to your parents or someone you trust. He or she can help you. Remember, you shouldn't feel sad all the time.



2. **VOCABULARY:** Look up the meaning of the words in Spanish and then, find them in the word search puzzle.

TIRED

\_\_\_\_\_

T	B	E	T	T	E	R
G	I	Y	E	R	V	S
R	O	R	F	F	E	B
U	S	F	E	M	C	U
M	Q	E	H	D	N	S
P	Z	E	M	R	B	Y
Y	L	L	B	Z	I	K

GRUMPY

\_\_\_\_\_

BUSY

\_\_\_\_\_

FEEL

\_\_\_\_\_

BETTER

\_\_\_\_\_

3. READING: Read the following conversation and answer the questions below.



**Franco:** I feel tired all the time and I often feel grumpy in the mornings.

**Doctor:** Ok, let me ask you some questions first.

**Franco:** Sure.

**Doctor:** How often do you eat fruits and vegetables?

**Franco:** I hardly ever eat fruits and vegetables. I mostly eat meat and rice.

**Doctor:** How often do you use your cell phone?

**Franco:** I am always on my cell phone. I need it to contact my friends and do my homework.

**Doctor:** How often do you drink soda?

**Franco:** I drink soda regularly. I love it.

**Doctor:** Last question. How often do you help others?

**Franco:** I hardly ever have time to help others. I'm too busy with school work!

**Doctor:** Here are my recommendations for you. First, you shouldn't eat meat and rice every day. Try to eat fruits and vegetables more often. You should use your cell phone less often because it isn't good to be connected all day. Also, you shouldn't drink soda so often. You should drink water instead. Finally, you should help others sometimes because it will make you feel better.

*Tomado De aprendo en Casa (English A2, Week 13, p.4)*

According to the reading, write the actions that Franco does and the frequency.



**ACTION:**  
Eat fruits and vegetables.

**FREQUENCY:**  
Hardly ever.



**ACTION:**

**FREQUENCY:**



**ACTION:**

**FREQUENCY:**

**RECOMMENDATION:**  
You shouldn't eat meat and rice every day.

**RECOMMENDATION:**

**RECOMMENDATION:**



Para continuar debemos recordar cómo dar recomendaciones, así que responde:  
¿Qué modal usamos para dar recomendaciones?

SHOULD

CAN

HAVE

¡Exacto!, el modal es SHOULD. Nos sirve para dar recomendaciones como en los siguientes ejemplos:

You should take a shower.



You shouldn't play on the mud.



You shouldn't play videogames for many hours.

You should play videogames only 1 or 2 hours a day.

- Ahora busca en internet o en un diccionario las siguientes expresiones:

More often:

Less often:

So often:

- Ahora búscalas en el texto de la conversación de Franco y su doctora, y haz *click* sobre ellas.

Ahora estás lista(o) para cumplir el objetivo:

**4. VERY IMPORTANT ACTIVITY (V.I.T):** According to the report you wrote last week, write 4 recommendations according to your classmate answers. Use should/shouldn't and more often, less often or so often. Send the recommendations by WhatsApp.



Observa el ejemplo que está en los materiales enviados en el grupo de WhatsApp para que elabores un trabajo exitoso.

Al terminar no olvides enviar la captura a la docente.

**CLICK**

**AUTOEVALUACIÓN:** No olvides revisar los criterios de evaluación al principio de la ficha y marcar X si cumples el criterio.

**METACOGNICIÓN:** ¿Qué aprendiste hoy? ¿Cómo lo podrías aplicar en tu vida diaria?