PERÚ Ministerio de Educación

APRENDO en casa
Educación Secundaria

English: Level A1

WEEK 11

Let's protect our mental health!*

Activity Our mental health (day 2)

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:

1. Sleep 8 hours.
2. _____
3. _____ for advice.
4. _____ healthy.
5. _____ to a friend.
6. _____ your feelings.
7. _____ to your parents.
8. _____ sports.

OBSERVE - EXERCISE 2

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

1. 8:00 AM morning
2. 1:00 PM _____
3. 6:00 PM _____
4. 9:30 PM _____