



PERÚ

Ministerio
de Educación



APRENDO
en casa

ENGLISH LEVEL - A1

Week 21

OUR MENTAL HEALTH

1

LET'S OBSERVE AND READ

OBSERVE 1:

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

ACTIONS

sleep

eat

ask

play

express

exercise

talk (x2)



Sleep

8 hours.



for advice.



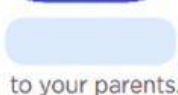
healthy.



to a friend.



your feelings.



to your parents.



sports.

OBSERVE 2:

Look at the times and write the correct moment of the day.



afternoon



night



morning



evening

1. 8:00 AM morning

2. 1:00 PM

3. 6:00 PM

4. 9:30 PM



2

LET'S UNDERSTAND

EXERCISE 1:

Write the recommendations for these problems using the imperative

PROBLEMS

RECOMMENDATIONS

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. →

4. I never play sports. →

5. I never talk to my parents. →

6. I never talk about my problems. →

PROPÓSITO DE LA SESIÓN: Leeremos 2 conversaciones en inglés sobre consejos para mantener una buena salud mental. Identificaremos el vocabulario y las estructuras que se utilizan. Luego, elaboraras un poster con consejos para proteger nuestra salud mental.

EXERCISE 2:

Write (T) if it is true or (F) if it is false.

True False

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

3

LET'S PRACTICE

IMPERATIVES

Play sports.
Verbo sustantivo

Have fun.
Verbo sustantivo

Sleep 8 hours.
Verbo sustantivo

IMPERATIVES (Con adverbio)

Play sports regularly.
Verbo sustantivo adverbio

Have fun every day.
Verbo sustantivo adverbio

Always sleep 8 hours.
Adverbio verbo sustantivo



EXERCISE 1:

Look at the images and complete with the imperative in the positive or negative form.

COLUMN 1

ACTIVITY

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

Example:

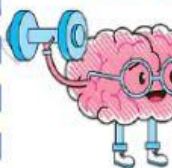
Exercise regularly.

COLUMN 2

ADVERB/PHRASE

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

MAINTAIN A GOOD MENTAL HEALTH



-
-
-
-

4

LET'S CREATE

Create a poster with 6 tips to protect our mental health.

TITLE OF YOUR POSTER

PICTURE 1

(TIP 1)

PICTURE 2

(TIP 2)

PICTURE 3

(TIP 3)

PICTURE 4

(TIP 4)

PICTURE 5

(TIP 5)

PICTURE 6

(TIP 6)

(Your name)

GLOSARIO

INGLÉS

always
ask for advice
enjoy nature
every afternoon
every day
every evening
every morning
every night
how to protect
love yourself
never

CASTELLANO

siempre
pedir consejo
disfruta de la naturaleza
cada tarde
todos los días
cada final de la tarde
cada mañana
cada noche
cómo proteger
ámate a ti mismo(a)
nunca

Example

5

LET'S SHARE

Record your voice and send it to your teacher in WhatsApp.



LISTEN 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.

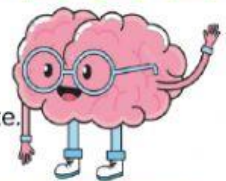
- Carlos:** Good afternoon, Jenny! How do you feel today?
- Jenny:** Good afternoon, Carlos! Well, I am not feeling great. My habits during lockdown are terrible.
- Carlos:** Tell me about a typical day in your life. For example, do you sleep 8 hours every night?
- Jenny:** Honestly, I sleep 4 or 5 hours **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.

CONVERSATION 2



LET'S SELF-ASSESS!

En el siguiente cuadro, expresa cuánto sabes en inglés marcando con una "X" donde creas conveniente. Aquí no hay respuestas correctas. Sé honesto(a) contigo mismo(a).



		No, necesito ayuda	Un poco pero necesito ayuda	Si puedo	Sí puedo y muy bien
1.	¿Puedo identificar información sobre cómo mantener una buena salud mental en textos cortos y simples en inglés?				
2.	¿Puedo redactar consejos o tips para proteger nuestra salud mental usando correctamente los imperativos y adverbios de frecuencia 'always', 'regularly' y 'every ...' en inglés?				
3.	¿Puedo crear un poster en inglés en respuesta a la situación que viven los adolescentes, niños y niñas durante el confinamiento y puedan proteger su salud mental?				
4.	¿Puedo pronunciar apropiadamente y dar la entonación adecuada al leer un texto en inglés en voz alta?				