



MY HEALTHY DAILY ROUTINE

Welcome to the
second activity
for the unit #4



Activity 1

Write a short paragraph describing your daily self-care routine using appropriate grammar and vocabulary.

Instructions:

- Write a paragraph (6–8 sentences) about what you do every day to take care of yourself.
- Include actions like brushing your teeth, eating healthy food, sleeping early, and saying “no” to unsafe situations.
- **Use phrases like:**
 - “I brush my teeth in the morning.”
 - “I eat fruits and vegetables.”
 - “I talk to my parents if I feel sad or scared.”

Activity 2

Listen careful every word and and form the sentence in the correct way.



my

I

hands

wash

Ana

teeth

her

brushes



go to

early

I

bed



Samantha

a shower

takes

everyday



fruits

eats

and

Samuel

vegetables



drink

I

everyday

water

