

1 Write.

calm grades worry

Yoga helps children at Bronxville Elementary School to be _____.
They learn not to _____ about little problems and it helps them get good _____ on tests.

**2 Read and write.**

at home easy to do for a long time in the morning
it's good learn at school not to worry or just two

It isn't always easy to _____. When do you learn well? First thing _____? After you play in the playground? When you are hungry or after lunch? When you are tired? When you are sitting _____?

Children at Bronxville Elementary School in the US do yoga. They say it's fantastic. It helps them to be calm and _____ or get angry. And when they are calm, they get good grades in exams. They say _____ to do yoga because they can study and learn better.

Next time you want to learn well at school or study well _____, try yoga! It's quick and _____. You can do it in the playground or in your classroom, sitting at your desk! You can do it in fifteen minutes ... _____! Go on! Give it a go!

3 Read again. Circle A, B or C.

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| 1 It's sometimes difficult to learn at school when
A you are tired and hungry.
B you are sitting for a long time.
C A and B | 2 Children at Bronxville Elementary School
A don't like doing yoga.
B think yoga is fantastic.
C feel angry after yoga. |
| 3 Yoga is good because
A it is a fun sport.
B the teacher is calm.
C it helps children study and learn. | 4 Yoga is
A quick to do.
B difficult to start.
C beautiful to watch. |