Ventures Level 1 · Unit Review

Mind & Body: Relaxation

Name:

Date:

1 Grammar: have and need to

have = a feeling or condition need to + verb = an action that helps

Grammar: *have* describes a feeling or condition. ***need to + verb*** says what action helps.

Question	Answer	Follow up with need to	Answer
Do you ***have*** a headache?	**Yes, I do.**	Do you ***need to*** take aspirin?	**Yes, I do.**

A *Read each sentence. Circle the correct word.*

	Circle the correct word.
1.	I _____sore muscles. (have/need)
2.	She _____ stretch. (has/needs to)
3.	He _____ low energy. (has/needs to)
4.	They _____ rest. (have/needs to)
5.	I _____ a headache. (have/has/need to)
6.	She _____ inhale and exhale slowly. (has/have/needs to)
7.	He _____ exercise his shoulders. (has to/have/needs to)
8.	They _____ breathe and relax. (has/have/need to)

B *Fill in the blank. Use: have / has / need to / needs to*

have	has	need to	needs to

	Sentence	Write the word
1.	Do you _____ a stomachache?	

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	Sentence	Write the word
2.	Yes. I _____ to lie down.	
3.	Does she _____ sore legs?	
4.	Yes. She _____ to stretch.	
5.	Do they _____ low energy?	
6.	Yes. They _____ to rest.	
7.	Does he _____ stress?	
8.	Yes. He _____ to breathe slowly.	

2 Pronunciation: Syllables & Stress

A syllable = one vowel sound. The strong syllable is louder and longer.

Syllables: Count each vowel sound. Mark the strong syllable with a dot · above it.
Example: ˙**IN** | hale *= 2 syllables, strong: IN*

A *How many syllables? Write the number.*

1.	**breathe**		6.	**mindful**	
2.	**inhale**		7.	**meditate**	
3.	**exhale**		8.	**awareness**	
4.	**stretch**		9.	**sit**	
5.	**relax**		10.	**unwind**	

B *The word is split into syllables. Write the STRONG (stressed) syllable.*

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	Word	Syllables (split for you)	Write the STRONG syllable
1.	**exhale**	ex | hale	
2.	**inhale**	in | hale	
3.	**relax**	re | lax	
4.	**mindful**	mind | ful	
5.	**meditate**	me | di | tate	
6.	**unwind**	un | wind	

Remember: I ***have*** stress. I ***need to*** breathe slowly. I ***have*** sore muscles. I ***need to*** stretch.

LIVEWORKSHEETS