

# 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 <b>have</b> a headache?	<b>Yes, I do.</b>	Do you <b>need to</b> take aspirin?	<b>Yes, I do.</b>

**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?		

	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.

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

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