



CENTRO INTERESCOLAR DE LÍNGUAS DE SOBRADINHO

Student's name: _____

Teacher: _____ Level: _____ Date: _____

EXERCISE – WELLBEING – PART 1

WORD SEARCH

1. Find 09 words linked to WELLBEING. After WRITE them DOWN.

H	G	H	L	A	E	H	E	L	K
B	A	L	A	N	C	E	N	I	P
G	T	P	D	A	X	A	J	F	S
R	I	V	P	Y	O	L	O	S	E
A	T	H	T	I	M	T	M	T	L
T	U	N	K	B	N	H	T	L	F
I	E	L	Y	T	S	E	F	I	L
T	O	D	K	F	L	E	S	B	O
U	E	R	A	C	F	L	E	S	V
D	T	N	E	M	Y	O	J	N	E
E	M	I	N	D	F	U	L	M	Q

- | | | |
|---------|---------|---------|
| 1. | 4. | 7. |
| 2. | 5. | 8. |
| 3. | 6. | 9. |

PHYSICAL WELLBEING

Look at the pictures and write down the words that correspond to them. Which **WAYS OF HAVING PHYSICAL WELLBEING** are they linked to?

EXAMPLE:  VEGETABLES <u>Eat Well</u>			

MENTAL WELLBEING

Look at the pictures and write down the words that correspond to them. Which **WAYS OF HAVING MENTAL WELLBEING** are they linked to?

EXAMPLE: 			
LIST OF ACTIVITIES			
<u>Organize your activities</u>			

TIME TO TALK ABOUT YOURSELF

What do you do to have **PHYSICAL WELLBEING** during the COVID 19 pandemic? (mention 2 things at least. **AT LEAST** = no mínimo)

I

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What do you do to have **MENTAL WELLBEING** during the COVID 19 pandemic? (mention 2 things at least. **AT LEAST** = no mínimo)

I

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