



CENTRO INTERESCOLAR DE LÍNGUAS DE SOBRADINHO

Student's name: _____

Teacher: _____ Level: CICLO 3 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.

2. Now use the words from exercise 1 to complete the following sentences.

- Physical wellbeing is important if the person wants to keep his/her
and
- A person has good wellbeing if there is a between physical and mental wellbeing.
- If someone helps the others, the ones that are helped usually have the feeling of
- When a person eats fruits, vegetables, sleeps 8 hours a day, does physical exercises, it means this person has a He/ She cares about his /her health.
- If you are, you are aware (consciente) of your body, your mind (mente) and your feelings (sentimentos.)

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 SHOULD 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 SHOULD 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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