What can you do to have good health and well-being? Some students posted their answers to this question. Read their replies here!

Rob: Physical activity is good for everyone. You can run, cycle, walk, dance, swim… I do hip-hop dance once a week. I’m not a good dancer, but it’s fun!

Lucy: It’s important to talk to other people. Staying alone can sometimes make you sad. I joined a football team, so now I can talk to the other players.

Sarah: You can learn from looking at the world around you. And sometimes just admiring the landscape can make you feel great. I love watching the sea from the beach.

Owen: When you learn new things you exercise your brain. That keeps you healthy. This year, I started going to a drama class after school. Maybe I can become an actor one day!

Healthy body, healthy mind

Five ways to well-being and good mental health

A study into mental health made these five suggestions for good mental health and well-being:

1. Connect
2. Take notice
3. Be active
4. Give
5. Keep learning

Read the students’ posts on page 38 again. Match their comments to the five ways to well-being and good health. Follow the example.

Example: ‘I do gymnastics every week’

1. I help other people.
2. I often eat junk food.
3. I balance study and free time.
4. I sleep 8 hours every night.
5. I sometimes smoke.
6. I talk to my friends or listen to music when I’m stressed.
7. I don’t do any sports.
8. I ask for help when I need it.
9. I take my dog for walks in the park.
10. I spend time with my relatives.
11. I play videogames before I go to bed.

TALKING POINT

In pairs, talk about what you do for each of the five ways above.

Example: ‘I do gymnastics every week’

Level 3