

Well-being

Word of the month

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1. Tick the five things that are good for you and your well-being.

- | | |
|--------------------------------|---------------------|
| a. Running | d. Eating fast food |
| b. Eating fruit and vegetables | e. Doing yoga |
| c. Spending time with friends | f. Sleeping well |

2. Match each activity to its positive outcome.

- | | |
|---------------------------------|-------------------------|
| a. Sleep well | 1. Feel loved |
| b. Do sport | 2. Feel energetic |
| c. Eat well | 3. Feel rested |
| d. Do meditation | 4. Feel fit and healthy |
| e. Stay with family and friends | 5. Feel relaxed |

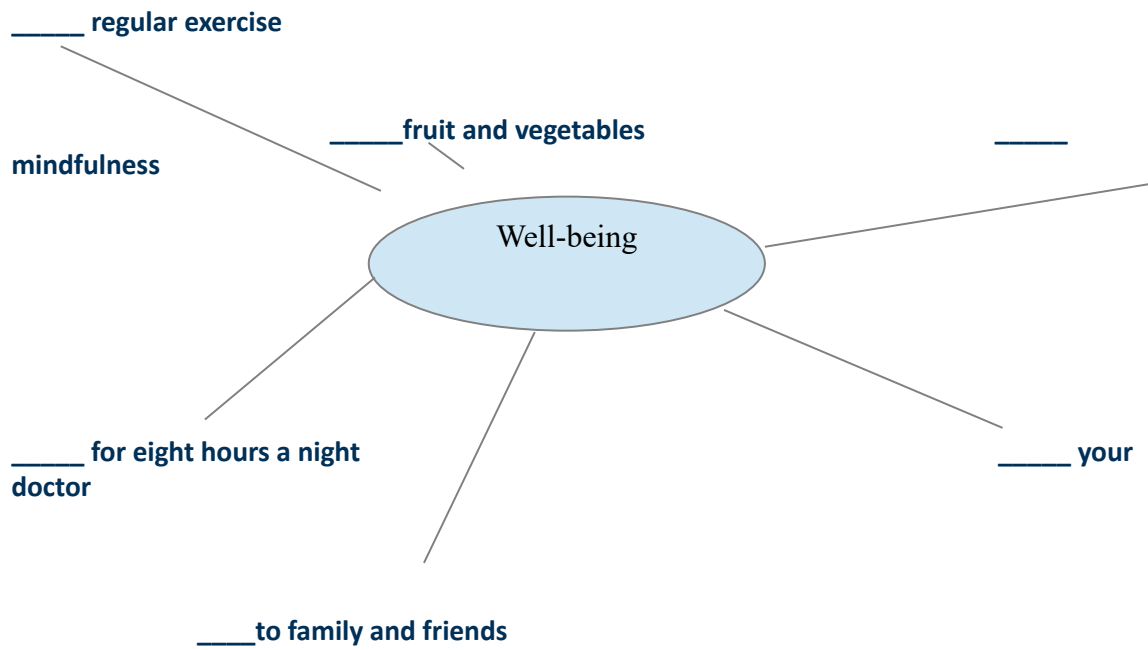
Our mental and physical well-being is very important. When we look after our body and mind we ensure our own well-being.

3. Complete the sentence.

- a. Our _____ depends on good physical and mental health.

4. Complete the mind map. Use the words/ phrases below to help you.

Eat Take Talk Practice Sleep Visit



5. Check your ideas with a partner. Can you add any more suggestions to the mind map?

Helpful language:

I think ... is very important for our well-being.

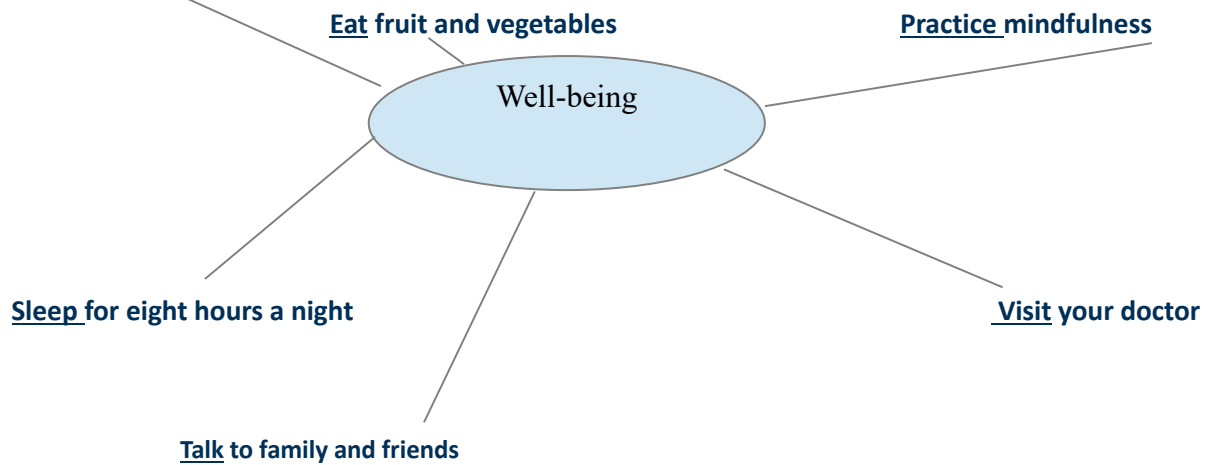
What other things should we do?

What shouldn't we do?

Teacher's Notes

1. Tick: a,b,c,e,f
2. a 3 b4 c2 d5 e1
3.
 - a. Our well-being depends on good physical and mental health.
4. Remind students that graphic mind maps are a good way to organize ideas and consolidate new vocabulary.

Take regular exercise



5. If you want to talk to your students about their physical and mental well-being check out this website for ideas <https://www.childrenssociety.org.uk/back-to-school/childrens-well-being-and-mental-health>