## Well-being

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- 1. Write five more good habits that are beneficial for your health and make you feel better too; they improve your well-being.
- 1. running
- 2. 5.
- 3. 6.
- 2. How do you feel when you do these things? Use the words below to complete the sentences.

loved energetic rested fit and healthy relaxed

- a. Sleep well
- b. Do sport
- c. Eat well
- d. Do meditation
- e. Stay with family and friends
- 1. Feel loved

4.

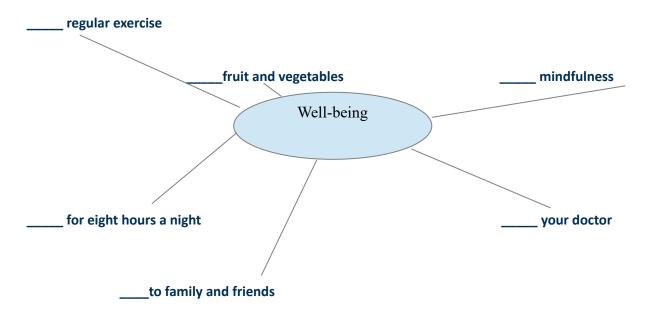
- 2. Feel energetic
- 3. Feel rested
  - 4. Feel fit and healthy
  - 5. Feel relaxed

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 do?
What shouldn't we do?

6.Add your ideas to the mind map.

7. Work with another pair and share your ideas.

Helpful language:

We've added .....to our mind map.

We think it's a good idea to....

That's a great idea!

## **Teacher's Notes**

1.

Sample answers: Eating fruit and vegetables, Doing sport, Spending time with friends, Doing yoga, Sleeping well.

2.

a. Sleep well 1. Feel <u>rested</u>

b. Do sport
c. Eat well
d. Do meditation
2. Feel <u>fit and healthy</u>
3. Feel <u>energetic</u>
4. Feel <u>relaxed</u>

3.

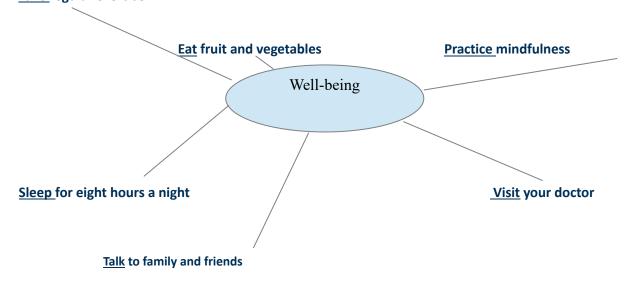
a. Our well-being depends on good physical and mental health.

Stay with family and friends

**4.** Remind students that graphic mind maps are a good way to organize ideas and consolidate new vocabulary.

5. Feel loved

## 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 <a href="https://www.childrenssociety.org.uk/back-to-school/childrens-well-being-and-mental-health">https://www.childrenssociety.org.uk/back-to-school/childrens-well-being-and-mental-health</a>