

# 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         |

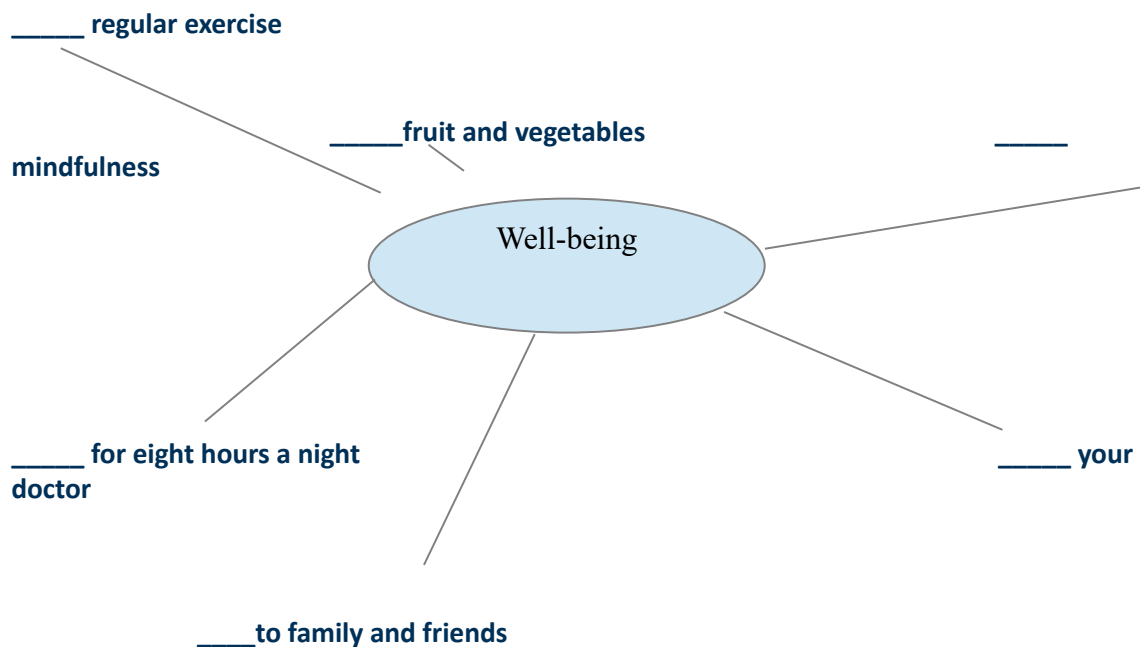
*Our mental and physical well-being is very important. When we look after our body and mind we ensure our own well-being.*

### 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.*

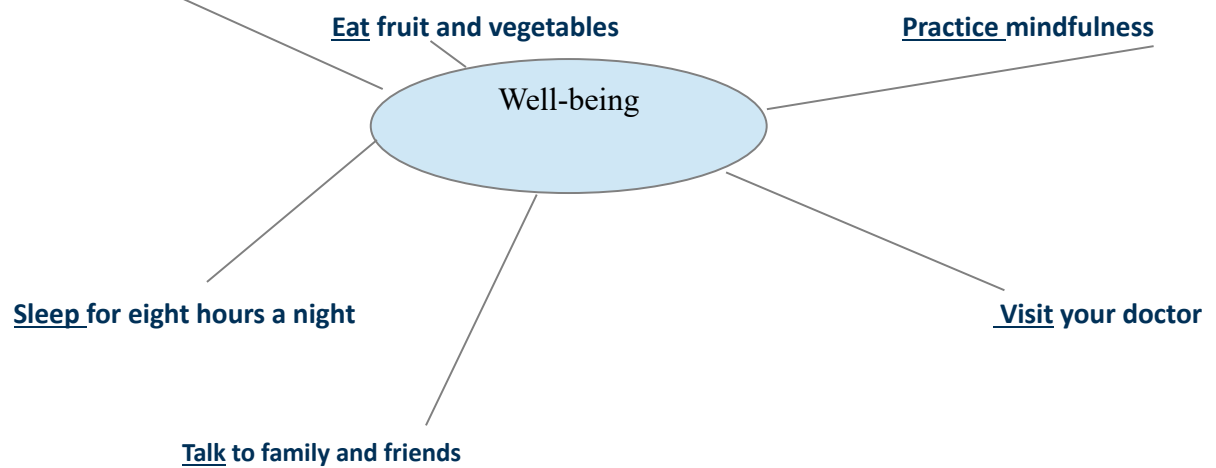
*What other things should we do?*

*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>