

Well-being

Word of the month

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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 | 4. |
| 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 | 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 |

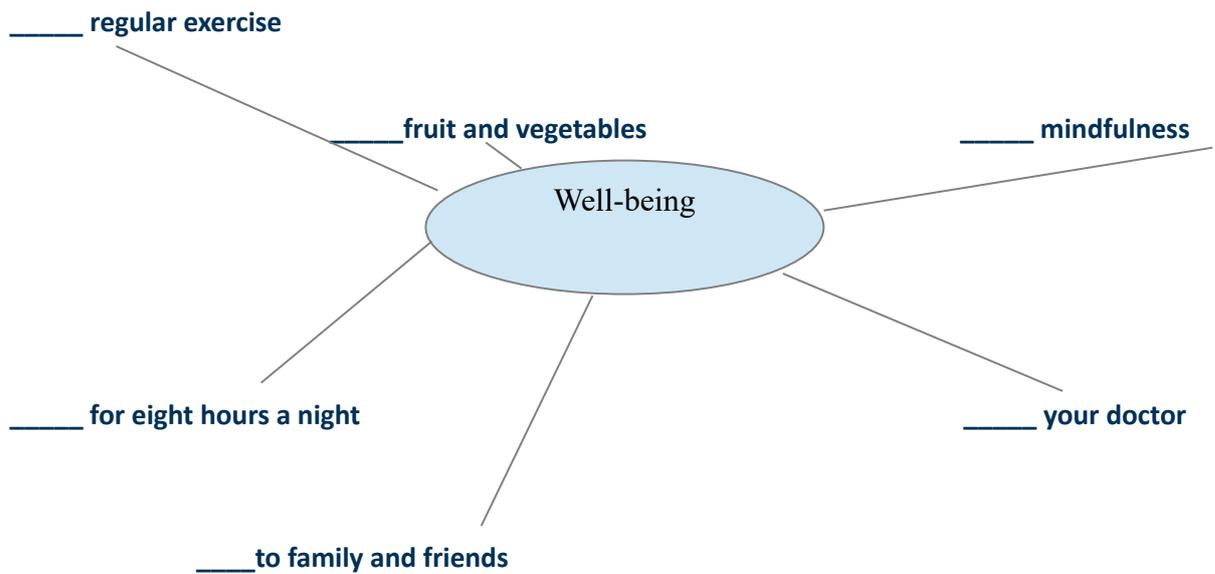
Our mental and physical well-being is very important. When we look after our body and mind we ensure our own well-being.

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 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 addedto 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 | 2. Feel <u>fit and healthy</u> |
| c. Eat well | 3. Feel <u>energetic</u> |
| d. Do meditation | 4. Feel <u>relaxed</u> |
| e. Stay with family and friends | 5. Feel <u>loved</u> |

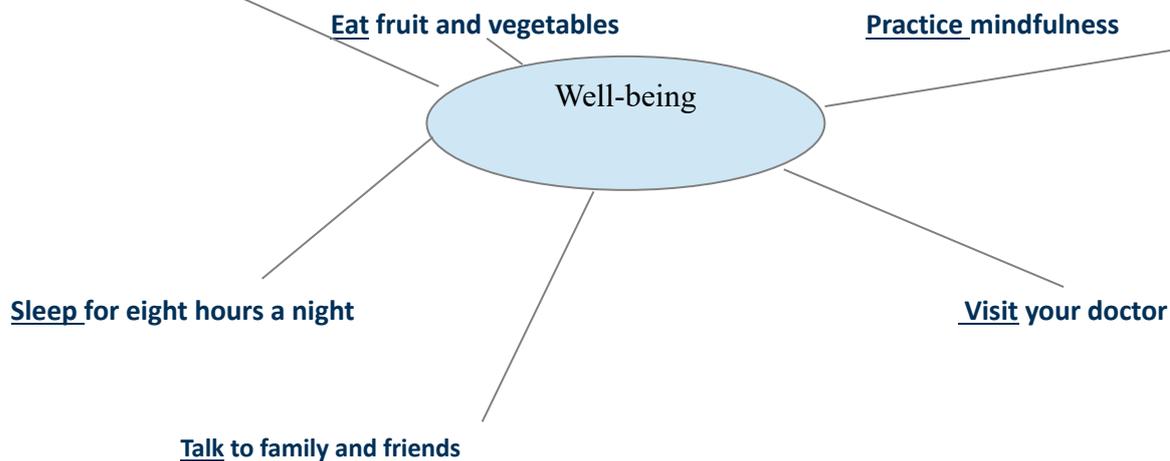
3.

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>