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Teaching **English**

Well-being: Ways to well-being

worksheet

Read the sentences. Match them to the ways to well-being. Some have more than one answer.

| 1. Connect | 2. Be active | 3. Notice |
|--------------------------------|----------------------------|------------------|
| 4. Learn | 5. Be creative and play | 6. Help and give |
| Example: Play a board game | e with your family. 1, 5 | |
| a. Do a five-minute exercise | video | |
| b. Open the window and list | en. Write down what you he | ear |
| c. Talk to your grandparents | on the phone. | _ |
| d. Do the washing-up after a | a family meal | |
| e. Plant some seeds | | |
| f. Try a new recipe and cook | some food for your family. | · |
| g. Make a quiz to do with yo | ur friends online. | |
| h. Go for a walk | _ | |
| i. Talk to your parents if you | are worried about somethi | ng |
| j. Practise your English on a | website like LearnEnglish | Kids |
| Now write another activity | for each way to well-beir | ng. |
| Connect: | | |
| Be active: | | |
| Notice: | | |
| • Learn: | | |
| Be creative and play: | | |
| Help and give: | | |

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