

Module: HEALTH INTEGRAL PERSONAL CARE

DBA: Participates in short conversations providing information about him or herself as well as about familiar people, places, and events

Topic: Daily activities. (Habits and interest)

OBJECTIVE: Identify expressions on daily subjects based on short descriptive oral and written texts

Hoy vamos a expresar situaciones tales como:

Practico karate para mi equilibrio mental

Leo y hago mis tareas para aprender más y mejor

Me siento celoso porque ella no me pasa al teléfono

¿Cuál es tu deporte favorito?

¿Te gusta ir al cine?

¿Cuándo vas a natación?

¿Cómo te sientes?/ ¿qué te pasa?

Some tips of activities

Physical, Intellectual, Emotional, Social and spiritual.

PHYSICAL CARE

- Do/did karate
- Lift weights
- Do/did aerobic
- Go/went to the gym

- Go/went swimming
- Play/played volleyball
- Practice sports
- Do/did yoga

Intellectual

Read/read a book
Paint/painted a picture
Write/wrote a tale
Learn/learned a poem

Study/studied math
Do/did homeworks
Unscramble(d) puzzles
Fill/filled crosswords

Social and spiritual

Meditate
Pray
Workout
Camping

Ride bike/horse
Walk with friends
Visit my grand parents
Go to parties

Emotional

Calm
Confused
Surprised
Jealous

Angry
Disappointed
Scared
Proud
Nervous

Feel happy
Was worried
Sad
Silly
Hopeful

ASKING SOME QUESTIONS

What do you happen?

- How are you felling?
- How do you feel?

What is your favorite sport?

Do you like going to cinema?

When do you go swimming?

REPORTING INFORMATION

I study math, I enjoy solving problems

I go to the gym every week, **because I want to be healthy**

I am nervous **because the English exposition is soon**
and I did not studied

She shares with her friends. **They enjoy talking about the others**

Reading example:

I like **to do aerobics** because it helps my blood pressure. I want to **fill crossword** to exercise my mind. I **enjoy music**, that relaxes me and I **pray for the humanity**, it is silly people kill each other instead of love and talk.

TAREA: construye un texto sobre tus actividades diarias (hábitos e interés) describes las actividades y la justificación. Arriba hay un ejemplo de apoyo. Practícalo, apréndetelo, graba el audio y lo envíalo al correo o por what's app. Correo: mosangulo@Gmail.com

Debe contener: la parte Física, Intelectual, Emocional y Social espiritual. Aquí te dejo un formato de ayuda.

Activity	Justification
Example: I like to do aerobics	Because it helps my blood pressure. (continue)
1.	
2.	
3.	
4.	
5.	
6.	