



# STAYING HEALTHY

FlashAcademy® lessons	Worksheets	Instructions
See worksheet.	Sleep	<p>Read the text and answer the questions.</p> <p>★ Record your dreams in a dream diary. What do you think they mean?</p>
See worksheet.	Mindfulness	<p>Read the text and answer the questions.</p> <p>★ Find a yoga video online and practise yoga. Try searching for 'yoga for kids' or 'yoga for teens'!</p>
See worksheet.	Staying Safe Online	<p>Read the text and answer the questions.</p> <p>★ Design an app or website to help pupils learn and have fun at the same time.</p>
<ul style="list-style-type: none"> <li>• Beginner &gt; Health &amp; Body &gt; Face to Face</li> <li>• Beginner &gt; Health &amp; Body &gt; Arms &amp; Hands</li> <li>• Beginner &gt; Health &amp; Body &gt; Legs &amp; Feet</li> <li>• Beginner &gt; Health &amp; Body &gt; What's your hair colour?</li> <li>• Beginner &gt; Health &amp; Body &gt; Sources of Pain</li> <li>• Beginner &gt; Health &amp; Body &gt; More Parts of the Body</li> <li>• Intermediate &gt; Health &amp; Body &gt; A Face in Detail</li> </ul>	Body Parts Activities	<p>Label the body parts then draw the monster.</p> <p>★ Draw and describe your own monster – or look up Frankenstein's monster and describe him!</p>
<ul style="list-style-type: none"> <li>• Beginner &gt; Health &amp; Body &gt; Feeling Unwell</li> <li>• Intermediate &gt; Health &amp; Body &gt; Organs of the Body</li> <li>• Intermediate &gt; Health &amp; Body &gt; Recovering from Illness</li> </ul>	I Feel Sick	<p>Match the problems with the pictures.</p> <p>★ Imagine you are going to the doctor. Write and practise the conversation.</p>



# SLEEP

Citizenship

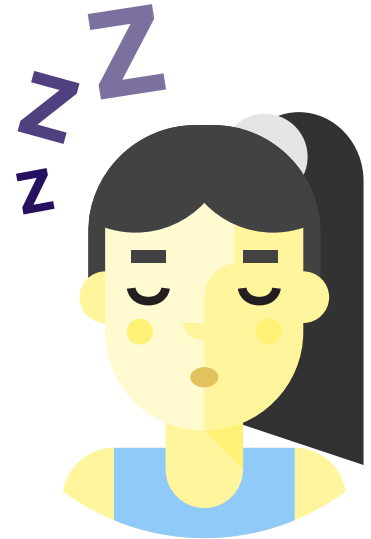
Related FlashAcademy® lessons:

Beginner > A Few Basics > Learning & Understanding

Beginner > High Frequency Words 3 > Everyday Actions

Beginner > Home, Time & Leisure > Around the House

Why is sleep important? When you sleep, your brain works hard to create new memories so that you remember everything you learned during the day. Good sleep helps you to **pay attention** at school and is also important for your physical health. If you don't get good quality sleep, you might feel **grumpy** and be **impatient** with your friends or family. You might have **trouble** listening to your teacher at school. It also makes you more likely to get ill. How much sleep do you need? Well, children aged six or older should have at least nine hours' sleep, and teenagers need eight to ten. Here are a few tips to help you get good quality sleep:



1. Try to build a sleep routine. Go to bed at the same time every day and do **relaxing** activities like reading a story or listening to quiet music before you go to bed.

2. Avoid using your mobile phone or computer in the hour before sleep. The light from the screens can make it difficult to sleep. If you really, really need to look at your phone then turn on the blue light filter **to stop** this light.

3. Make your bedroom a peaceful sleeping space. Make sure it's dark, quiet and the right temperature for you to sleep comfortably.

## Match the words with a synonym:

to stop	•	•	concentrate
impatient	•	•	irritable
trouble	•	•	calming
relaxing	•	•	problems
grumpy	•	•	to prevent
to pay attention	•	•	angry

A line connects the word "relaxing" in the left column to the word "calming" in the right column.

## Read the text again and answer the questions:

1 Give three reasons why sleep is important.

2 How might you feel if you don't sleep well?

3 How many hours of sleep do primary school children need each night?

4 What can you do in your sleep routine?

5 What should you not do in the hour before you go to bed?

6 How can you make your bedroom a good sleeping space?



### Discuss with a friend, teacher, or your class

What do you do when you can't get to sleep at night?

What stops you from getting to sleep at night?

How many hours do you sleep each night?

How do you feel if you don't sleep well?



### Challenge!

Find out what the blue light filter is and why it's useful. Explain it to your parents.





# MINDFULNESS

## Citizenship

### Related FlashAcademy lessons:

Beginner > Home, Time & Leisure > Saying How You Feel

Beginner > Shopping, Numbers & Colours > Asking for Help

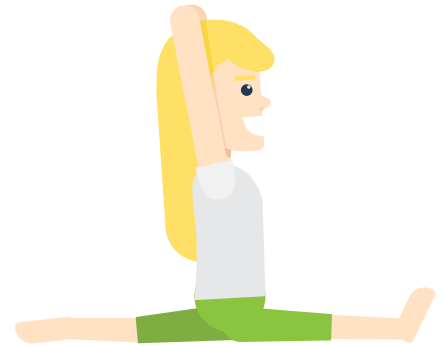
Beginner > Health & Body > Arms & Hands, Feeling Unwell

Intermediate > Food & Drink > Time for a Snack

Intermediate > Health & Body > Arms, Legs & Toes

Intermediate > Family & Relationships > Your Personality, Exploring Feelings, More About Personality

It can be hard to understand our emotions sometimes, and if we are **worried** it can make everything seem more **difficult**. You might get **upset**, argue with your friends, or **stop** concentrating at school. You might find it difficult to breathe, get a stomachache, headache, or feel a pain in your chest. If you **start** to feel like this, you can try to use something called 'mindfulness' to help you **calm** down and take control of your feelings. Here are a few ideas of mindfulness activities you can do:



1. Lie down and focus on your toes. Squeeze them for five seconds, then relax. Move up your body concentrating on every different part, remembering to squeeze and relax all the way up to your head. This might help you relax before you go to sleep.
2. Hold out one hand and use your other hand to draw around the shape of it as **slowly** as you can. Watch your hands carefully and focus on how it feels. Breathe in as you draw up the fingers, and out as you draw down. You can easily do this in lessons.
3. If you're feeling stressed at lunchtime, have a mindful snack! When you're eating something, eat slowly and focus on the feeling of the food in your mouth. Is it **crunchy** or **soft**? Hot or cold? What does it taste like? How does your face feel?

### Match the words with an antonym:

<b>worried</b>	•	•	<b>quickly</b>
<b>upset</b>	•	•	<b>calm</b>
<b>easy</b>	•	•	<b>soft</b>
<b>slowly</b>	•	•	<b>difficult</b>
<b>stop</b>	•	•	<b>happy</b>
<b>crunchy</b>	•	•	<b>start</b>

A line connects the word 'slowly' in the left column to the word 'quickly' in the right column.

## Read the text again and answer the questions:

- 1** If you are worried, it can make everything seem:
- 2** What can you do to help you relax if you feel worried?
- 3** When is a good time to try the first mindfulness activity?
- 4** When you're eating a mindful snack, what can you concentrate on?
- 5** If you're in a lesson and you feel worried, which mindfulness activity can you try?
- 6** What can happen to your body if you feel worried?



### Discuss with a friend, teacher, or your class

How do you know when you feel worried or upset?

What makes you feel better again?

Who can you talk to if you feel worried or have a problem?



### Challenge!

Look up 'mindfulness colouring' online and print out something you want to colour. Colour slowly and focus on the feeling of the pen on the paper.





# STAYING SAFE ONLINE

Citizenship

## Related FlashAcademy lessons:

Advanced > New Technologies > Getting Online

Intermediate > ICT > Saving Information

There are many ways you can access the internet, including on a computer, from a phone or from a tablet. You can use the internet for educational **reasons**, like to help you with your homework or to learn another language. It's **amazing** how much the internet can do! However, we need **to be aware of** some internet dangers. You can be whoever you want online. This means you can **pick** a cool avatar when you're playing a game with your friends and people don't know who you really are. However, it also means that you don't know who other people are, and you can't trust that they are **telling the truth**. Never give out personal information or send photographs to people you don't know. Sometimes people think that saying **mean** things or bullying people is okay if it's online, but words can still hurt a lot even on a screen. If someone makes you feel unhappy or unsafe, you should tell your parents or your teacher so they can help you.



## Match the words with a synonym:

to tell the truth

mean

amazing

to be aware of

to pick

reasons

nasty

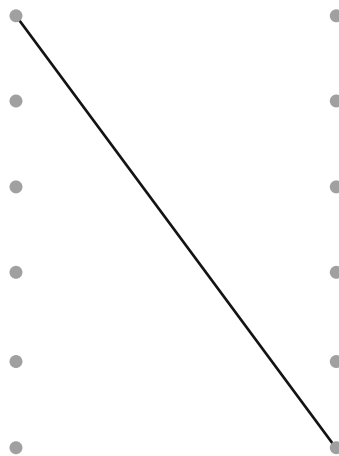
incredible

purposes

to choose

to know about

to be honest



## Read the text again and answer the questions:

- 1 Give three ways you can access the internet.
- 2 How can you use the internet for educational purposes?
- 3 What can you choose when you play an online game?
- 4 What is the problem with talking to people online?
- 5 What should you never do online?
- 6 If someone is mean to you online, what should you do?



### Discuss with a friend, teacher, or your class

- What do you use the internet for?
- What do you like/dislike about the internet?
- What do you do to stay safe online?



### Challenge!

Do some research and make a leaflet to help other EAL pupils learn about staying safe online.



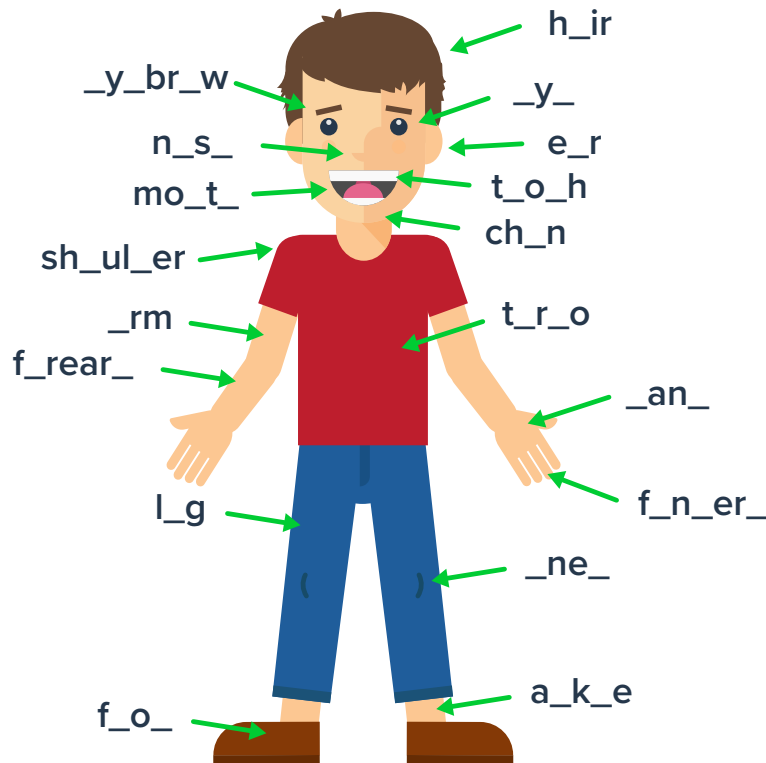




# BODY PARTS ACTIVITIES

Health & Body

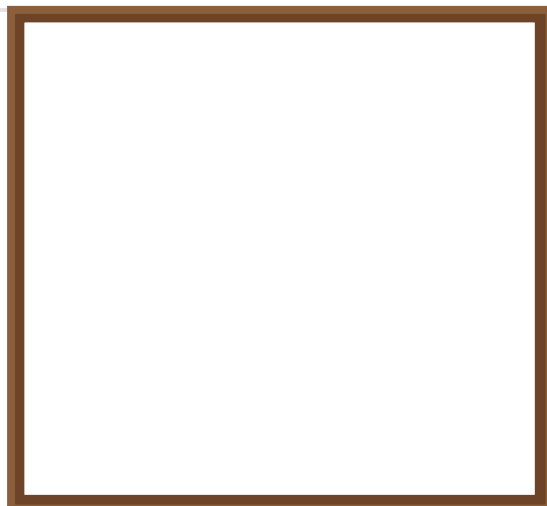
A



B

## Draw a monster!

- I have 1 head.
- I have 5 multi-coloured eyes.
- I have green, curly hair.
- I have 2 mouths.
- I have 6 legs and 3 toes on each foot.
- I have 2 arms with 4 long fingers on each arm.



Created by the FlashAcademy® Education Team

**Do you have an EAL resource idea?** If so, we'd love to hear from you. Send your resources/ideas/sketches to [team@flashacademy.com](mailto:team@flashacademy.com) and if selected, we'll design it up for you and share it with the EAL community.

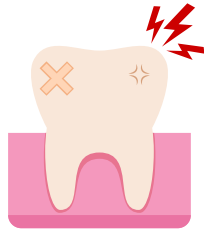
More resources like this available on the FlashAcademy Dashboard at [edu.flashacademy.com](http://edu.flashacademy.com).

# I FEEL SICK...

## Health & Body



1. \_\_\_\_\_  
\_\_\_\_\_



2. \_\_\_\_\_  
\_\_\_\_\_



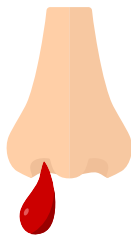
3. \_\_\_\_\_  
\_\_\_\_\_



4. \_\_\_\_\_  
\_\_\_\_\_



5. \_\_\_\_\_  
\_\_\_\_\_



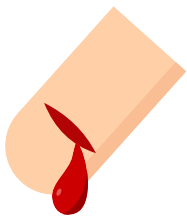
6. \_\_\_\_\_  
\_\_\_\_\_



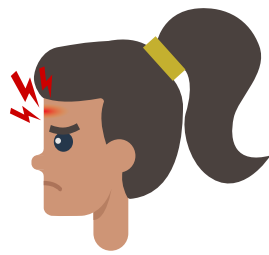
7. \_\_\_\_\_  
\_\_\_\_\_



8. \_\_\_\_\_  
\_\_\_\_\_



9. \_\_\_\_\_  
\_\_\_\_\_



10. \_\_\_\_\_  
\_\_\_\_\_



11. \_\_\_\_\_  
\_\_\_\_\_



12. \_\_\_\_\_  
\_\_\_\_\_

**I have a stomach ache**

**I have toothache**

**I have a sore throat**

**I have a headache**

**I feel sick**

**My leg hurts**

**I have a temperature**

**I have backache**

**I have a cold**

**I have a nosebleed**

**I have a cut**

**I have the flu**