

www.teachingenglish.org.uk

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: <i>Play a board gam</i>	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 cool	some food for your family.	
g. Make a quiz to do with yo	our friends online.	
h. Go for a walk	_	
i. Talk to your parents if you	are worried about something	ng
j. Practise your English on a	website like LearnEnglish	Kids
Now write another activity	for each way to well-bein	ıg.
Connect:		
Be active:		
• Notice:		
• Learn:		
Be creative and play:		
Help and give:		

@ British Council 2020 The United Kingdom's international organisation for educational opportunities and cultural relations. We are registered in England as a charity.