



INSTITUTO  
**CONHECIMENTO  
LIBERTA**

# ENGLISH AS A FOREIGN LANGUAGE

## UNIT 7

### HEALTHY BODY HEALTHY MIND

#### LESSON 3

**Prof. Vera Freitas**

**[www.verafreitas.com](http://www.verafreitas.com)**

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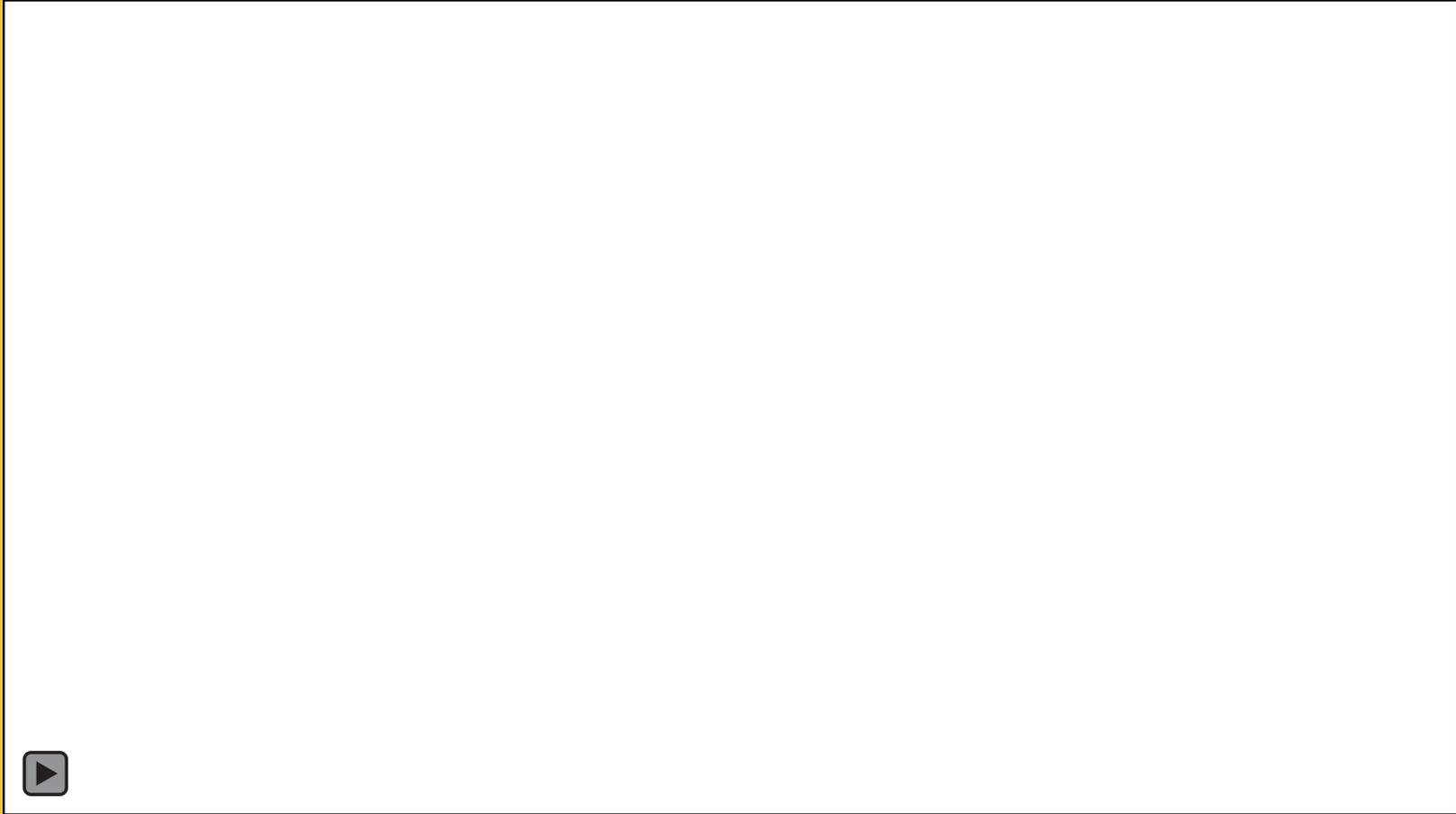
**\* STREAM OF THOUGHTS**

**\* FEELINGS**

**\* SENSATIONS**

**\* BREATH**

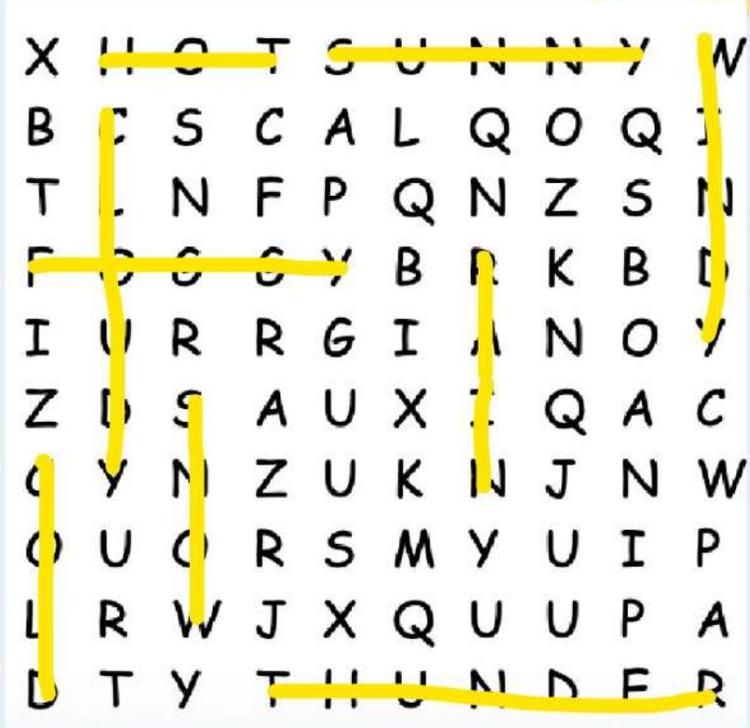
**\* WHOLE BODY**



# LINK THE TWO COLUMNS :

A	B
1. Can I buy a packet of candy? 2. Can you turn off the light, please? 3. Can you drive? 4. Can I watch a movie? 5. Can you lend me an eraser? 6. Can Sandra play golf? 7. Can you speak Chinese? 8. Can you pass me the fish sauce?	a. No, I can't. b. No, it's dinner time. c. A little. d. Yes, she's a good player. e. Sorry, I haven't got one. f. Here you are. g. Sure. h. Yes, all right.

# Find the words!



SUNNY

CLOUDY

RAINY

SNOWY

WINDY

THUNDER

HOT

COLD

FOGGY

# Wellness Module 1: Mental Health Matters

Author: CMHA BC and Anxiety Canada



**Disappointed in life?**

**Feeling stressed out?**

**Not having any fun?**

**Feeling worn out?**

**If your answer is YES, you are not alone.**

**No one experiences perfect mental health or well-being all of the time.**

**We **can** all learn how to balance the different aspects of our lives.**

**When things in our life change, we **can** re-establish the balance.**

**Your mental health **can** affect many areas of your life**

- **Work, school, or home life**
- **Relationships with others**
- **Sleep**
- **Appetite**
- **Energy levels**
- **Ability to think clearly or make decisions**
- **Physical health**
- **Life satisfaction and more...**

**Mental health is just as important to our lives as our physical health.**

**Many people take care of their physical health before they feel sick.**

**They **can** eat well, they **can** exercise and try to get enough sleep to help maintain wellness.**

**You **can** take the same approach to mental health.**

**Just as you work to keep your body healthy, you **can** also work**

**to keep your mind healthy.**

## VERB **CAN** – POSSIBILITY

THE THIRD USE OF THE VERB **CAN**: TO EXPRESS ABOUT 60-80% POSSIBILITY THAT SOMETHING HAPPENS.

EX: I **CAN** GO TO THE BEACH NEXT WEEKEND (I'M NOT SURE YET).

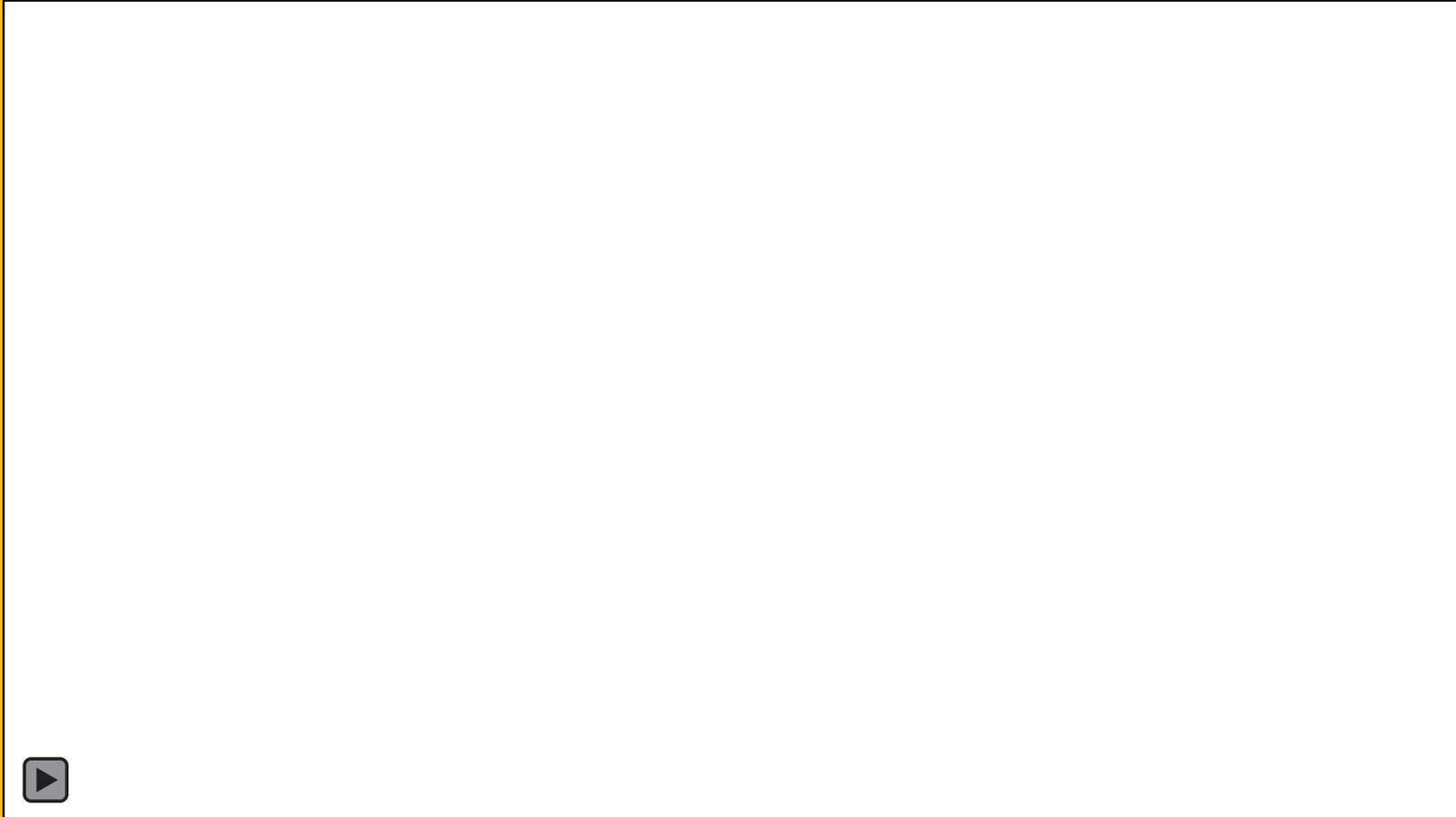
WE **CAN** TRAVEL ON VACATION NEXT SUMMER.

CHILDREN **CAN** TELL LIES SOMETIMES.

**CAN** AUTOMATION MAKE PEOPLE HAPPY?

**CAN** AUTOMATION CREATE HAPPINESS?

MACHINES **CAN** DO MUCH MORE TO UNLEASH HUMAN POTENTIAL

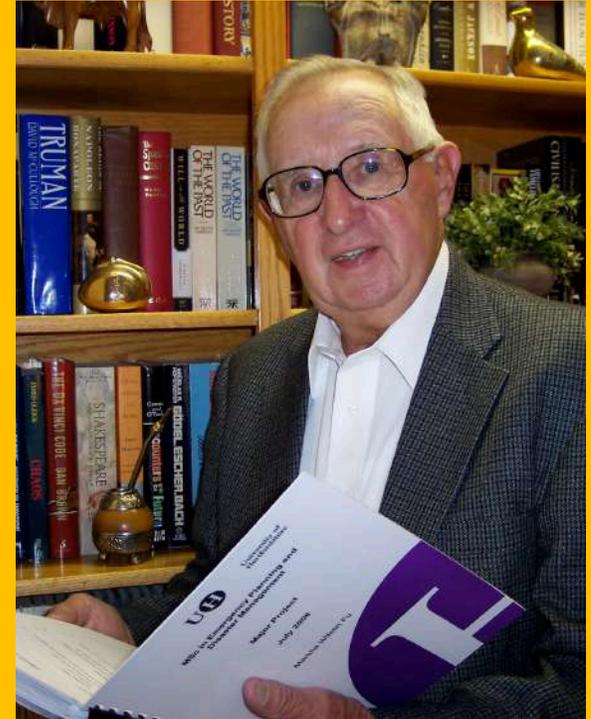


# How to Live to be 100

Here are some suggestions from a guy, now in my **94th** year, who expects to live until he is 100 joyfully and in good health to the end. These suggestions certainly will not work for everyone, but perhaps they might help **you** live longer, who knows?

I never expected to live past 70. My wife and I began to think that I was certain to die first, then she would follow, maybe five years later. It didn't work out that way at all as I lost **her** last year at 88. Sad, but I am still here and just had my **93rd** birthday.

Keep reading and I will tell **you** what I do every day to stay healthy and what I eat and drink as well. My 70-year-old son also follows my diet, and it has done wonders for **him**. My method of daily exercise may also not appeal to **you** but my doctor is very happy with **it**. I know that my exercise program has definitely helped **me** remain active and energized.



## OBJECT PRONOUNS\*

ME

YOU

**\*THEY REPRESENT THE OBJECT (COMPLEMENT) OF THE TRANSITIVE VERBS**

HIM

HER

IT

US

THEM

# PERSONAL PRONOUNS

## SUBJECT

I

YOU

HE

SHE

IT

WE

YOU

THEY

## OBJECT

ME

YOU

HIM

HER

IT

US

YOU

THEM

**EXAMPLE:**

I TEACH **HIM** PORTUGUESE.

MARIA LIKES **THEM**.

WE LOVE **HER**.

HE LIVES WITH **US**.

LET'S TALK ABOUT **IT**.

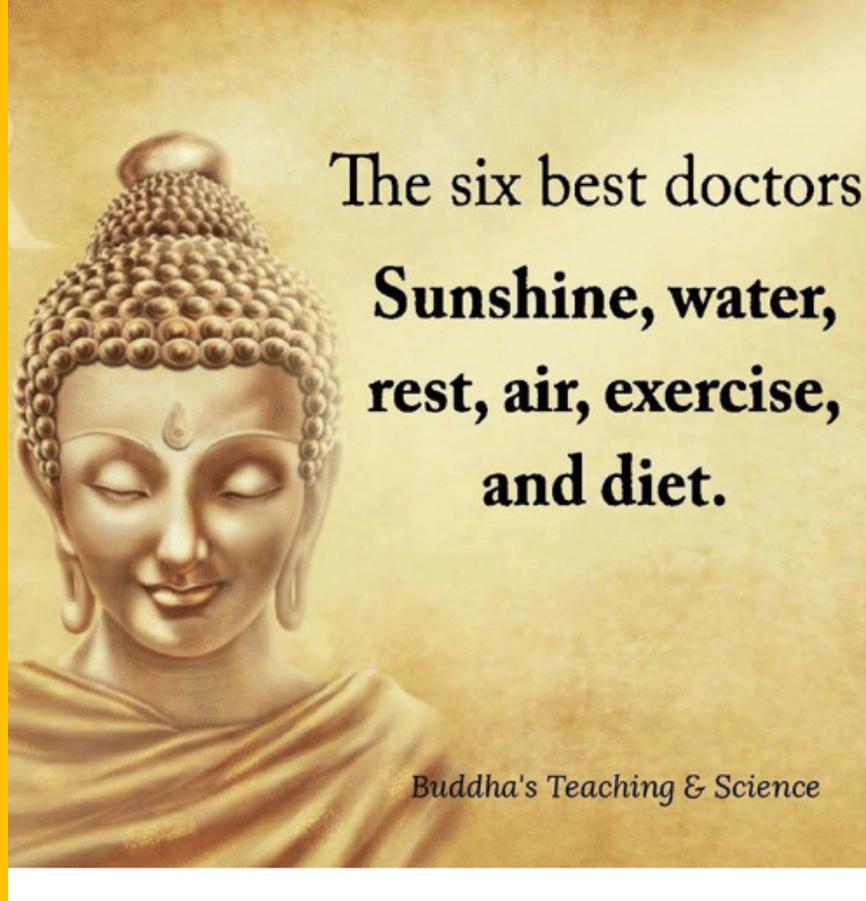
YOUR PARENTS HELP **YOU** A LOT.

CAN YOU HEAR **ME**?

**"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."**

*Buddha*

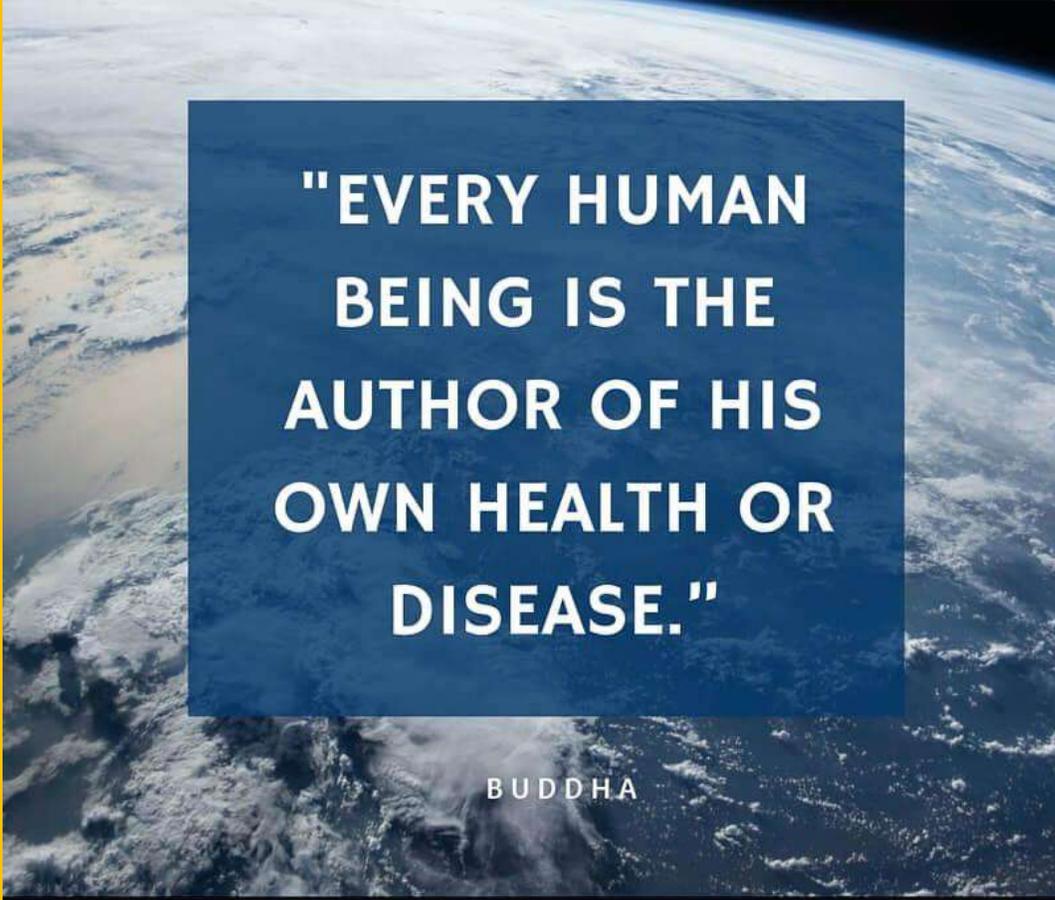




The six best doctors:

**Sunshine, water,  
rest, air, exercise,  
and diet.**

*Buddha's Teaching & Science*



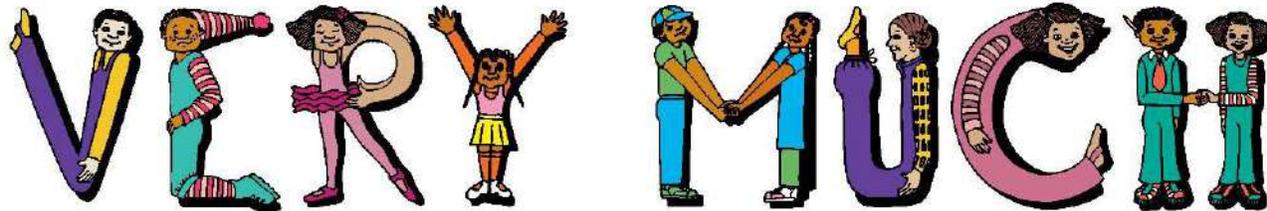
**"EVERY HUMAN  
BEING IS THE  
AUTHOR OF HIS  
OWN HEALTH OR  
DISEASE."**

BUDDHA

T H A N K Y O U

The word "THANK YOU" is written in large, colorful letters. Each letter is formed by one or more cartoon characters. 'T' is a girl in a blue hat and purple pants. 'H' is a boy in a green suit and a girl in a red and white striped shirt. 'A' is a girl in a pink dress. 'N' is a girl in a pink dress and a girl in a red and white striped shirt. 'K' is a boy in a blue shirt and a girl in a red and white striped shirt. 'Y' is a girl in a pink dress. 'O' is a girl in a pink dress. 'U' is a girl in a purple dress.

V E R Y M U C H

The word "VERY MUCH" is written in large, colorful letters. Each letter is formed by one or more cartoon characters. 'V' is a girl in a purple dress. 'E' is a boy in a green suit. 'R' is a girl in a pink dress. 'Y' is a girl in a pink dress. 'M' is a boy in a blue shirt and a girl in a blue shirt. 'U' is a girl in a purple dress. 'C' is a girl in a pink dress. 'H' is a boy in a green suit and a girl in a red and white striped shirt.