

SLEEP WELL AND GOOD HABITS



(Taken from English Discoveries, level Intermediate 1)

INDICADORES DE LOGROS:

- Elabora composiciones cortas de una manera lógica y coherente utilizando las estructuras gramaticales propias de su nivel.
- Incrementa su vocabulario a través de la lectura de textos.
Utiliza correctamente algunas palabras que sirven de conectores.
- Identifica problemas, causas y consecuencias y establece una definición de éste.
(SOLUCIÓN DE PROBLEMAS).
- Aporta soluciones y evalúa alternativas.
- Ejecuta en la medida de sus posibilidades, acciones que contribuyen a la solución.
- Hace seguimiento a la solución y retroalimentación.
- Identifica algunos hábitos saludables para mejorar su calidad de vida.



We read the following idea carefully.

En esta guía además de aprender sobre la utilización de algunos conectores en Inglés, (Connectives and clauses) vamos a buscar soluciones u otras alternativas a algunos problemas que se presentan en la cotidianidad. Para todos nosotros es conocido que en las diferentes situaciones de nuestra vida diaria, debemos estar resolviendo problemas ante los cuales no podemos asumir actitudes facilistas o escoger la primera solución que se nos ocurra. El poner en marcha una solución determinada implica visualizar qué se va a hacer, quién lo va a hacer, por qué, cómo, cuándo y dónde.



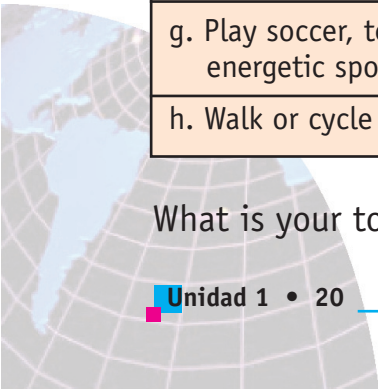
In the following chart I read the questions in an individual way, writing and adding up my score on my notebook. Finally, I check the results taking into consideration the chart.

HOW HEALTHY IS YOUR LIFESTYLE?

How often do you :	Every day	Almost every day	Sometimes	Never
a. Eat fast foods?				
b. Eat green vegetables or salad?				
c. Have sodas or milkshakes?				
d. Eat eggs?				
e. Eat candy?				
f. Eat cookies?				
g. Play soccer, tennis, or other energetic sports?				
h. Walk or cycle for 20 minutes?				

What is your total score?

Total _____





Now check the results writing down four points given to each item referring to «EVERYDAY», three points to «ALMOST» every day» and two points to «SOMETIMES» AND zero points to «NEVER»:

- 0 - 16 : You lead a very healthy life.
- 17 - 25 : You will have to take more care with your health.
- 25 - 30 : You have a very unhealthy lifestyle.

I read the following paragraph; I am going to write a summary on my notebook it can be in Spanish. After that, I share it with my team work. We can use the dictionary for the new words.

GOOD HABITS

According to your answers you have found that nowadays, it is very important to have good habits, because in that way we are going to have a healthy lifestyle and we are going to be in good conditions for studying and working.

We should review what kind of food we are eating; if we like to eat «snacks», that kind of food isn't going to help us to be healthy. Some people regard eating as just a routine and eat food very quickly. For others, eating is an enjoyable, satisfying and fulfilling experience. Whether you enjoy eating or not, eating slowly is important for our health. The other benefit of eating slowly is to prevent over eating.



Just as in eating, moderation is the key in exercising. It is important not to ignore the early sign of distress while exercising and know when to stop.

Most people drink too many soft drinks, sweetened beverages, coffee and tea, and not enough water pure water is needed by our body to keep every cell alive. With 70% of our body being fluids, it requires eight glasses of water per day to replenish the system. The lack of water can lead to skin eruptions, bad breath, constipation, dehydration and kidney stones. It is the source of vital fluid in our bodies.

If we want good health, we should eat only fresh and nutritious foods instead of highly processed convenient foods. We should be fully aware of the food source, the nature and characteristics of the foods, how they are being prepared and their pros and cons to our health. We should also rotate our food choices frequently so that



the body can draw nutrients from a wider variety of foods. Eating well requires more time and effort, but not necessary more money.

In short, If we eat healthy food, practice some energetic sports and drink some water daily; we are going to prepare for having a good quality of life, because in that way we are preparing for our future life.

The habits that direct our lives and form our character are fashioned in the often uneventful routine of life. They are acquired by practice.



I am going to read this information referring to liking sentences, writing down the examples and solving the activities on my notebook.

LINKING SENTENCES:

Some of the conjunctions that you are going to study with this handout let you join two sentences in order to create another longer one. These links can have different functions, and keep the two sentences in a same level (coordination) or that one of them was the principal and the other one the subordinated (subordination).

Every time you face a different text, you have the opportunity to understand easier, if you translate it in an oral way in order to save time. If not, you should deduce the meaning of the words or looking them at your English Dictionary.

Coordinated Sentences joined by a conjunction (and, or, but)

- A good attitude can keep you in action **and** improve your appearance.
- When you feel agitated practice a sport **or** listen to music.
- Communication is a good way to maintain relationships **but** you should communicate your feelings openly and honestly.
- These conjunctions are used to join two independent sentences in an affirmative way, to make the difference between two possibilities, opinions etc, or to create two opposed judgments.





My turn:

I write two sentences for each conjunction on my notebook (and, or, but). I show this exercise to my teacher.

Subordinated Sentences:

This kind of sentences are called purpose and reason clauses.

Here you have some main points to take into consideration when you are understanding a text in English.

- Purpose clauses are introduced by conjunctions such as «**so**», «**so as to**», «**so that**», «**in order to**» or «**in order that**».
- Reason clauses are introduced by conjunctions such as «**as**», «**because**» or «**in case**».
- A purpose or reason clause needs a main clause. A reason clause can come before or after a main clause.

EXAMPLES:

- She was giving up his job **in order to** stay at home.
- I keep the window open, **so as to** let fresh air in.
- I have to eat fruits and vegetables **so that** my health will be better.
- We have to avoid drugs, **because** they destroy our body and our mind.
- The doctor is here just **in case** anything unusual happens.

My turn:

I write a short paragraph using the connectors, if I have some difficulties I ask for help to my teacher.

Activity one:

I read attentively this article, taking into consideration its vocabulary.

I write on my notebook the expressions where I find coordinated and subordinated sentences. After that, I am going to answer the different activities on my notebook in order to improve my knowledge about this topic.



A GOOD ATTITUDE CAN KEEP YOU IN ACTION

You should know that for good health and good appearance it is important to eat nutritious foods (especially fruits, vegetables and cereals), to get adequate rest and to exercise regularly. Also many scientists say that your mental attitude is equally important.



Love, laugh, be happy and live for health:
Here is a list of attitudes to help you live better:

- 1. LAUGH:** laughing is good for you so that the presence of humor is a sign of mental health. Maintain a sense of humor with your parents and your friends.
 - 2. LOVE:** romantic love or the love of family and friends is as important for you as for your family. Relationships with people increase your good moments and diminish the bad ones. Communicate your feelings openly and honestly.
 - 3. BE OPTIMISTIC:** optimism is a way to be healthy and happy. Look for something good in the bad in case you find these situations.
 - 4. TALK POSITIVELY TO YOURSELF** when you feel depressed. Be good to yourself. If you feel that a situation has no solution, think that you can overcome all obstacles and temptations.
 - 5. TALK CALMLY TO YOURSELF:** when you feel agitated, make time for activities that relax you, because if you practice a sport, go on a picnic with your friends, be in contact with nature, listen to music; in this way you can decrease your stress significantly.
 - 6. GO TO A DOCTOR:** in case of you are sick or have a pain, doctors are important for your health.
 - 7. NOTE HAPPY THINGS:** make a list of things you have to be happy about: «The sun is shining», «My body is healthy», «I have the opportunity to study».
- So that you can enjoy the beautiful things that life has.
- 8. AVOID DRUGS:** if you really love yourself, avoid drugs, because they destroy your body and your mind.



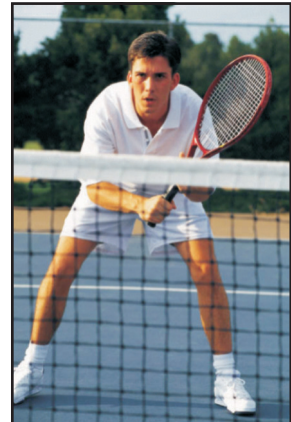
I meet with my team-group and write down these exercises on my notebook, taking into consideration the previous reading.

Activity two:

We choose the best answer. Taking into account that is a sentence that doesn't fit to the content.

a. The text is about:

- Things you can eat to live better
- Things you can do to be optimistic
- Attitudes that help you maintain good health
- Some advises in order to be a scientific



b. To decrease your stress you can:

- Make a list of things that make you happy
- Practice sport, enjoy nature or listen to music
- Eat nutritious food and do exercise regularly
- Work after having a good meal

c. If you really love yourself, you have to:

- Use drugs
- Feel optimistic
- Laugh frequently
- Look at the mirror regularly

d. To have love in your life you need to:

- Communicate your feelings
- Talk openly about your problems
- Maintain a good sense of humor
- To be selfish and bad humored



e. Some ways to love ourselves are:

- Smoke and use some drugs
- Smoke from time to time and don't use drugs
- Don't smoke and avoid drugs
- Take some pills and drink a lot of water



Activity three:

I write down this chart on my notebook and mark with an «X» under «YES» if the advice helps you to live better or under «NO» if it doesn't.

ADVICE	YES	NO
1. Have a sense of humor		
2. Enjoy nature and music		
3. Avoid relationships with your classmates		
4. Eat nutritious food		
5. Avoid drugs		
6. Ignore happy things concerning you		
7. Get adequate rest		
8. Take medicine when you are sick		
9. Love your family and friends		
10. Be negative when you have problems		

Activity four:

Now that I have answered these questions, I am going to meet with a partner in order to compare the answers, trying to identify the problems, causes, consequences and looking for a definition of the problem. I am going to use some connectors such as: because, in case of, as long as, since, first, second, third, in that case to write the sentences.

Example:



I have sense of humor **because** I like to enjoy life.

Es importante recordar que la comunicación efectiva es un punto de partida para buscar algunas soluciones. Este es el motivo por el cual es básico ser muy creativos, tornando los problemas en oportunidades para aprender de los errores; de esta manera adquirimos la habilidad de hacer diagnósticos para elaborar un plan de mejoramiento.



OTHER ADVICES...

Let's continue reading other good advices and I write some ideas on my notebook. I look for the unknown vocabulary and I copy it on my notebook.

Nothing is more essential to a good day night is sleep. But on any given night, one in three people have difficulty sleeping and most of us get less sleep than we need. Increasing your comfort while sleeping can be important in helping you get a good night's rest.

According to Andrea Herman, director of the Better Sleep Council, «We sometimes sacrifice sleep because of our busy lifestyles. That makes the sleep we do get even more important». Herman suggests you do the following to improve the quality of your sleep.

- **Keep regular hours.** Try to get up at the same time every morning regardless of how much or how little sleep you've had.
- **Exercise regularly.** Taking a 30 - minute walk, jogging or swimming three or four times a week will help you sleep better and deeper.
- **Cut down on caffeine.** This drug, found in coffee, cola and tea can interfere with sleep. Drink your last cup of coffee no later than six to eight hours before your usual bedtime, «says Herman».
- **Sleep on a good bed.** «It's difficult to get a good night's rest on a bed that's too small, too hard, or too soft».
- **Don't smoke.** Studies have found that heavy smokers awaken more times during the night and spend less time in deep sleep than non-smokers.
- **Go for quality, not quantity:** Six hours of deep, solid sleep will make you feel more rested than eight hours of light, interrupted sleep.
- **Set aside a «worry» or planning time early in the evening.** To keep from rehearsing your plans or problems while your head's on the pillow, make a list of things to do and of your concerns before you go to bed.
- **Don't go to bed stuffed or starved.** Heavy, high-fat meals make you feel drowsy at first, but they can keep you tossing and turning all night. Likewise, your grumbling stomach may prevent deep sleep if you go to bed hungry.



- **Develop a sleep ritual.** Children often benefit from repeating a calming sleep ritual. Adults can also benefit from a ritual – doing easy stretches, reading a book, taking a warm bath, or listening to music.



En este momento, estudiar, es la principal actividad de su vida, por lo tanto para obtener buenos resultados se hace necesario mejorar sus hábitos de vida, como los que hemos encontrado en el desarrollo de la guía. Estos hábitos se deben incluir en el proyecto de vida para que se evidencien en el aspecto laboral o profesional.

Sí usted es una persona disciplinada y practica buenos hábitos de vida, usted éxito en todas sus actividades.

Activity five:

1. After reading the previous text which refers to the requirements to live well, I am going to look for the new vocabulary, and I write the advices in Spanish, I must be sure that the sentences in Spanish are clear and the messages are coherent.
2. I am going to socialize this activity with my classmates and choose the best information; we correct the mistakes with our teacher's help. Then we are going to share this information with our parents. Let's write the experiences about this topic on the CUADERNO VIAJERO.



In order to use all the information about GOOD HABITS, we are going to design a flyer, with all those information given in this handout.



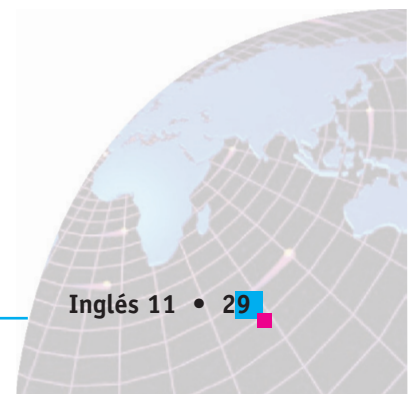
The flyer is going to be designed in Spanish, because we are going to share it with our parents, relatives and friends.

We are going to ask for permission through the president of the classroom, to talk about these good advices to our parents in a school meeting.

It's very important that the sons share information with their parents; it can better the communication among them. And in that way we are performing some actions which help us to look for a best solution to our problems.

I am going to look for other advices given by our parents, relatives, teacher, which help us to get a healthy life. I am going to try to write them in English, applying the structures that I've studied in this handout, I ask for teacher's help.

I have finished this handout,
I am going to share these
activities with my teacher.





ESTUDIO Y ADAPTACIÓN DE LA GUÍA

