



SECRETARÍA DE EDUCACIÓN DE BOGOTÁ D.C.
COLEGIO FRANCISCO DE PAULA SANTANDER

Institución Educativa Distrital
Resolución de Aprobación (SED) No. 569 de febrero 16 de 2007
En sus niveles Preescolar, Básica Primaria, Básica Secundaria y Media



English Activities - Tenth Grade

Week July 27th – 31st

Spending time well

- ✓ **Nombre del docente:** Karen González
- ✓ **Medio de comunicación:** teacherkarengr@gmail.com y [Edmodo, classroom](#)
- ✓ **Curso:** 1001 JT

Topic: HEALTH: CULTURAL AND SOCIAL PRACTICES

Objectives

- Produces simple argumentative oral and written texts on subjects of interest
- Recognizes different points of view
- Understands the importance to implement better practices for life

Actividades

Después de ver detalladamente el tutorial resolver el taller propuesto a continuación.

(Tutorial disponible en la plataforma **Edmodo**).

Nota: Las actividades de esta semana se **resolverán a mano en un octavo de cartulina**. Deben incluir dibujos con colores; en el segundo punto escogen uno de los temas y lo graban con su propia voz. Deben subir dos archivos en entregas uno con la imagen del mapa y mental y el audio de la grabación.

Recuerda que todo se resuelve en **Inglés**.

Fecha límite de Entrega:

31 de julio de 2020 11:55p.m



SECRETARÍA DE EDUCACIÓN DE BOGOTÁ D.C.
COLEGIO FRANCISCO DE PAULA SANTANDER

Institución Educativa Distrital
Resolución de Aprobación (SED) No. 569 de febrero 16 de 2007
En sus niveles Preescolar, Básica Primaria, Básica Secundaria y Media



ALCALDÍA MAYOR
DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN

1

Make a mind map taking into account the information of the slide. Use a piece of poster board.

5 Ways To Wellbeing

- CONNECT**
Positive social relationships are essential to wellbeing and recovery. These may come through family, friendships, mutual aid, peer support, work, education, clubs, associations, sports and other community activities. Invest time in your relationships.
- BE ACTIVE**
Exercise makes us feel good and improves health. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness
- TAKE NOTICE**
Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, wherever and with whomever you are. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
- KEEP LEARNING**
Try something new. Rediscover an old interest. Sign up for that course. You will feel good when we you learn and master new things. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun
- GIVE**
Do something nice for someone. Thank somebody. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections around you.

adapted from ncf & NHS Confederation in 5 Ways to Wellbeing

2

Choose one item and record it with your own voice. Send your audio by classroom platform.