

PROPÓSITO:**General aim**

- To introduce yourself, describe your day-to-day routine and expresses your emotions.

Communicative purpose

- To give personal information such as name, age, feeling, nationality, hobbies and extra information about oneself.
- To describe the physical appearance of people and objects.
- To talk about experiences and daily events or activities in my life.

Grammar purpose

- Giving and asking for personal information (verb to be)
- Present simple tense (do, does) and past tense (was, were, did)
- Vocabulary about routines, school, chores, activities

MOTIVACIÓN:***The importance of recognizing how we feel***

In fact, people who are good at noticing how they feel and can calm themselves down or adjust their behavior are more likely to do well in life, have healthy relationships, and manage difficulties and setbacks. Feelings are powerful and can become overwhelming at times. Both adults and children might struggle to manage their responses to their feelings and act in ways that feel very out of their control. These are some tips to manage our emotions:

- Mindful breathing
- Meditate
- Changing negative thoughts
- Positive affirmations.

Step 1

- Watch the video and reflect. <https://youtu.be/8AGgblQyqR8>
- After you have watched the video, write a brief reflection about Sunny and Rene's story. What is the moral of the video?



Step 2: Make a list of 5 positive and 5 negative feelings.

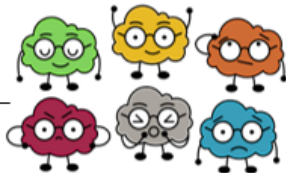
POSITIVE FEELINGS

NEGATIVE FEELINGS

Ex: Love

Hate

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

EXPLICACIÓN:

1. Watch the videos and explain briefly what the videos are about, write about your favorite one and why.

- <https://youtu.be/kHixalhw5KI> - Who Am I?
- <https://youtu.be/-NjXbgvrVIM>- Adjectives
- <https://youtu.be/dOKyKyVFnsS>- Emotions

2. Review the following explanations of the grammatical topics.

- Verb to be

TO BE Simple Present Tense					
AFFIRMATIVE			NEGATIVE		
SINGULAR	I	am	happy.	I	am not sad.
	You	are	at school.	You	aren't at home.
	He	is	hungry.	He	isn't thirsty.
	She	is	a nurse.	She	isn't a pilot.
It	is	big.	It	isn't small.	is not
PLURAL	We	are	early.	We	aren't late.
	You	are	students.	You	aren't teachers.
	They	are	quiet.	They	aren't noisy.
QUESTIONS					
+ Affirmative		They are happy.		She is rich.	
? Question		Are they happy ?		Is she rich ?	
Short Answer		Yes, they are / No, they aren't		Yes, she is / No, she isn't	
CONTRACTIONS					
I am not...	He is not...	You are not...	We are not...	They are not...	
I'm not...	He's not...	You're not...	We're not...	They're not...	
X (not possible)	He isn't...	You aren't...	We aren't...	They aren't...	

- Simple present tense

SIMPLE PRESENT TENSE (Presente Simple)		
MODO AFIRMATIVO	MODO INTERROGATIVO	MODO NEGATIVO
I play Yo juego	Do I play? ¿Juego yo?	I do not play Yo no juego
You play Tú juegas	Do you play? ¿Juegas tú?	You do not play Tú no juegas
He plays Él juega	Does he play? ¿Juega él?	He does not play Él no juega
She plays Ella juega	Does she play? ¿Juega ella?	She does not play Ella no juega
It plays Él/Ella juega	Does it play? ¿Juega él / ella?	It does not play Él / Ella no juega
We play Nosotros jugamos	Do we play? ¿Jugamos nosotros?	We do not play Nosotros no jugamos
You play Ustedes juegan	Do you play? ¿Juegan ustedes?	You do not play Ustedes no juegan
They play Ellos juegan	Do they play? ¿Juegan ellos?	They do not play Ellos no juegan

- Simple past tense

SIMPLE PAST TENSE (Pasado Simple)		
MODO AFIRMATIVO	MODO INTERROGATIVO	MODO NEGATIVO
I played Yo jugué	Did I play? ¿Jugué yo?	I did not play Yo no jugué
You played Tú jugaste	Did you play? ¿Jugaste tú?	You did not play Tú no jugaste
He played Él jugó	Did he play? ¿Jugó él?	He did not play Él no jugó
She played Ella jugó	Did she play? ¿Jugó ella?	She did not play Ella no jugó
It played Él/Ella jugó	Did it play? ¿Jugó él / ella?	It did not play Él / Ella no jugó
We played Nosotros jugamos	Did we play? ¿Jugamos nosotros?	We did not play Nosotros no jugamos
You played Ustedes jugaron	Did you play? ¿Jugaron ustedes?	You did not play Ustedes no jugaron
They played Ellos jugaron	Did they play? ¿Jugaron ellos?	They did not play Ellos no jugaron

EJERCICIOS:

1. Complete the sentences with the verb to be that corresponds.

1	2	3
		
Lionel Messi <u>happy</u>	Shakira <u>44 years old</u>	They <u>playing football</u>
4	5	6
		
The cat <u>in the box</u>	I <u>in love</u>	We <u>nurses</u>

2. Complete the text using verb to be.

Marcia from Brazil. She 25 years old and works as a secretary at ZLS Computers, in Dublin. She

very communicative and has a lot of friends. Two of her best friends are Miguel and Pauline. Miguel is from Portugal. He is 27 years old. Pauline is a very funny French girl.

She is 30 years old. Marcia and Miguel are single, but Pauline is not. She is married to a doctor. She says they are very happy.

Marcia says she wants to go back to Brazil, but she is sure she is going to miss her friends.

3. Record a podcast or an audio telling your daily routine. Don't forget to mention the time you wake up, what you have for breakfast, how you choose your outfit, what you do in your free time.



4. Answer the following questions about you with no more than 2 sentences.

- What did you eat for lunch yesterday?
- What was the last movie you watched?
- When was the last time you played a sport?
- Who was the last person you spoke to?
- Did you eat hamburgers last weekend?
- Did you tell your parents you loved them?

PRACTICE

5. Go to the book "Way to go 7" and answer the following exercises.

- Verb to be - Page 12, exercise 5 and 6.
- Verb to be - Page 13, exercise 7.
- Present simple tense - Page 11, exercise 4.
- Verbs with every-day activities - Page 15, exercise 4 and 5.
- Verbs with every-day activities - Page 23, exercise 3.
- Daily routine - Page 21, exercise 3
- Daily routine - Page 26, exercise 2.
- Past tense - <https://www.gamestolearnenglish.com/past-tense-game/> (don't forget to take a screenshot of your score)

EVALUACIÓN:

1. Take pictures of your house and create a collage. Then write positive or negative sentences of your daily life and your daily routine.

Example: We have breakfast every morning or We don't eat in the dining room.



2. Upload a picture of a family tradition or a special event and write a short reflection about what happened, how it was special for you and how did you feel.



BIBLIOGRAFÍA:

https://drive.google.com/file/d/1C_Ez_knz9NiFWocewZJ0_blrpp8O-uoF/view