

## PROPÓSITO:

Define activities for integral personal care at the physical (body), intellectual (mind), emotional (psychological), and spiritual (beliefs) level.

Self-care is a vital part of maintaining good health and a vibrant life. It is a way of living that incorporates behaviors that help you to be refreshed, replenish your personal motivation, and grow as a person.

Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.

We are going to work about the simple present tense and vocabulary related to integral personal care in order to develop English linguistic and communicative competences in real situations using listening, reading, writing and speaking skill. ¡ **Welcome!**

## MOTIVACIÓN:

STEP 1. PASO 1.

Watch the Videos about Integral Personal Care and good habits: Observe el video sobre el cuidado personal integral y buenos habitos:

<https://www.youtube.com/watch?v=jQ2e0KH5WrI>

<https://www.youtube.com/watch?v=hHqql0gh2h0> **EXPLICACIÓN:**

Life Healthy: <https://www.youtube.com/watch?v=hHqql0gh2h0>

<https://www.youtube.com/watch?v=L9AWrjnhsRI>

[https://d3rhaqd7pe5pkw.cloudfront.net/Way%20to%20go/WAY\\_TO\\_GO\\_7\\_LIBRO\\_ESTUDIANTE.pdf](https://d3rhaqd7pe5pkw.cloudfront.net/Way%20to%20go/WAY_TO_GO_7_LIBRO_ESTUDIANTE.pdf)

<https://www.youtube.com/watch?v=sfjUz-Oyq5E>

## EJERCICIOS:

[6c99dab681-activity-1-grado-7.docx](#)

## EVALUACIÓN:

**Share your answers in the first meeting zoom.**

**Compartir sus respuestas en la primera reunión zoom.**

**evaluacion: entre el 25- 29 de mayo**

## BIBLIOGRAFÍA:

<https://www.youtube.com/watch?v=hHqql0gh2h0>

<https://www.youtube.com/watch?v=L9AWrjnhsRI>

[https://d3rhaqd7pe5pkw.cloudfront.net/Way%20to%20go/WAY\\_TO\\_GO\\_7\\_LIBRO\\_ESTUDIANTE.pdf](https://d3rhaqd7pe5pkw.cloudfront.net/Way%20to%20go/WAY_TO_GO_7_LIBRO_ESTUDIANTE.pdf)

<https://www.youtube.com/watch?v=sfjUz-Oyq5E>

[https://d3rhaqd7pe5pkw.cloudfront.net/Way%20to%20go/WAY\\_TO\\_GO\\_7\\_LIBRO\\_ESTUDIANTE.pdf](https://d3rhaqd7pe5pkw.cloudfront.net/Way%20to%20go/WAY_TO_GO_7_LIBRO_ESTUDIANTE.pdf)

