

Lesson 144

Good habits and manners





Warm-up



Watch the video, then talk about your opinions on forming good habits.

Brush your teeth regularly



01

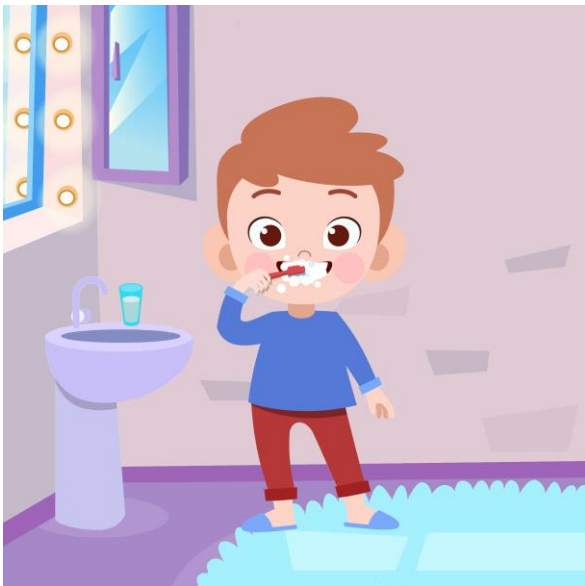
Knowledge Learning



Read the words



Read the words.



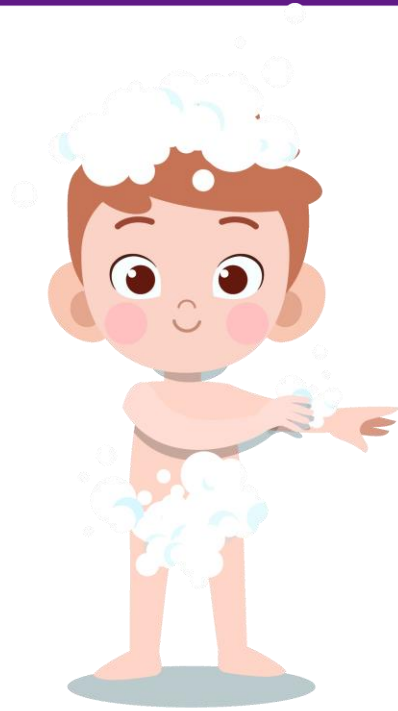
brush your teeth



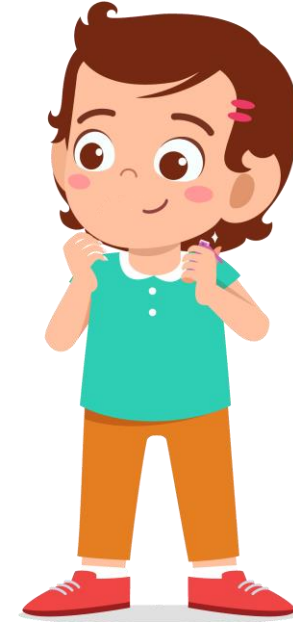
wash your hands



Read the words



have/take a bath



cut your nail



Read the words



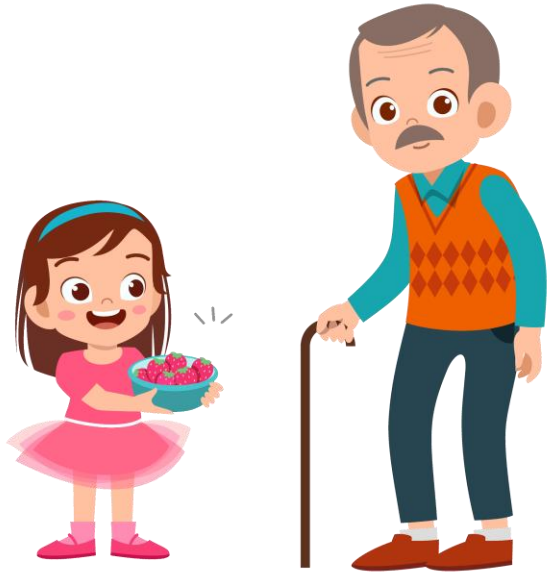
get up early



finish the homework



Read the words



respect elders



exercise

02

Practice



Watch and learn



Watch the video and learn good habits.





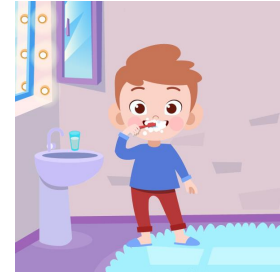
Let's play



Do you have these good habits? Circle and collect the stars. One star for 5 points. 100 points in total.



1. brush your teeth twice a day



2. take a bath everyday



3. wear clean clothes



4. wash your hand before and after eating



5. eat good food

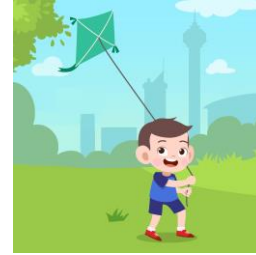




Let's play



- ★ 6. play in the open air
- ★ 7. cut your nail and keep them clean
- ★ 8. throw garbage in the dustbin
- ★ 9. have a good sleep at night
- ★ 10. get up early in the morning





Let's play



- ★ 11. eat 3 meals in a day
- ★ 12. always speak truth
- ★ 13. go to school on time
- ★ 14. listen to the teacher
- ★ 15. finish your homework regularly





Let's play



- ★ 16. respect your elders
- ★ 17. exercise daily
- ★ 18. help the needed person
- ★ 19. drink a lot of pure water
- ★ 20. read books every day





Let's play



Write down your score.

Stars(20):	_____ stars
Score(100):	_____ points



Good or bad



Is it good or bad? Look at the picture and read the sentence. Give your opinions.



eating junk food



Good or bad



We should eat good food.

eating junk food



Good or bad



throw garbage on the floor



Good or bad



We should throw garbage
in the dustbin.

throw garbage on the floor



Good or bad



play with your phone



Good or bad

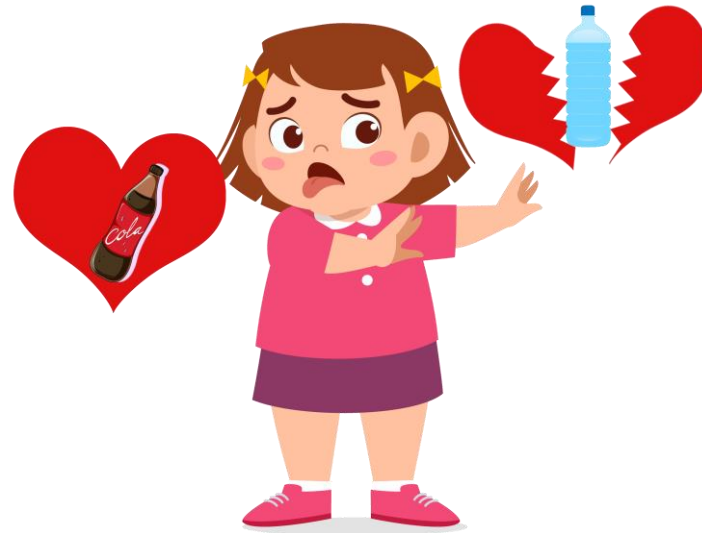


We should finish the homework.

play with your phone



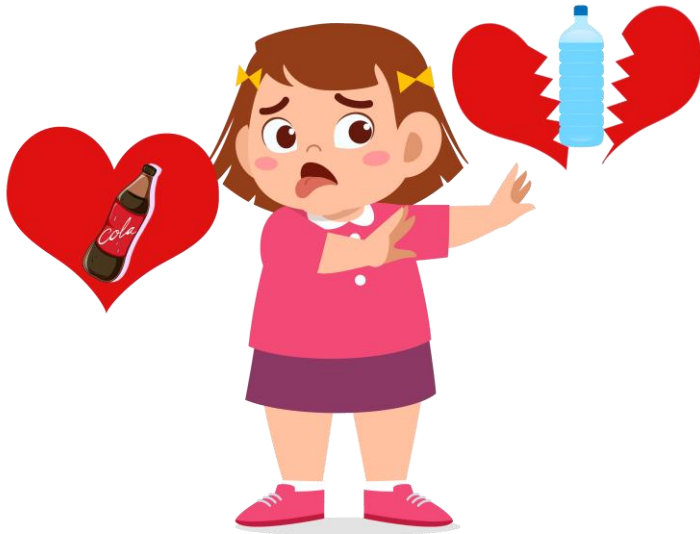
Good or bad



drink a lot of drinks



Good or bad



We should drink a lot of
pure water.

drink a lot of drinks



Read and talk



Read the dialogue. Share some of your habits with your teacher.



I always **have my meals on time.**

I usually **finish my
homework before dinner.**





Read and talk



I often **get up early** in the morning.

I **put my things in order**
and **keep my house clean.**



03

Conclusion



Conclusion



In this lesson, you've learnt



Words

brushing your teeth, wash your hands, have/take a bath, cut your nail, get up early, finish the homework, respect elders, exercise



Sentences

I always have my meals on time.

I often get up early in the morning.



Grammar

simple present