

# **You Should Take Care of Yourself**



**G4-U4-L5**

# Learn

yourself

himself

myself

themselves

herself



Tips: 1. Have students read the grammar aloud at least twice; 2. Ask “Should you stay up late?” (1-2 min)

# Learn



## Grammar

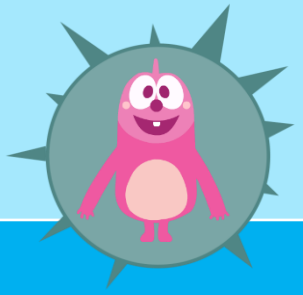
I	<b>should</b> put some medicine on it.	I	<b>shouldn't</b> make noise in the library.
You		You	
He/She		He/She	
We		We	
They		They	



Tips: 1. Have students read the grammar aloud at least twice; 2. Ask “Should you stay up late?” (1-2 min)

# Practice

*Write should or shouldn't.*

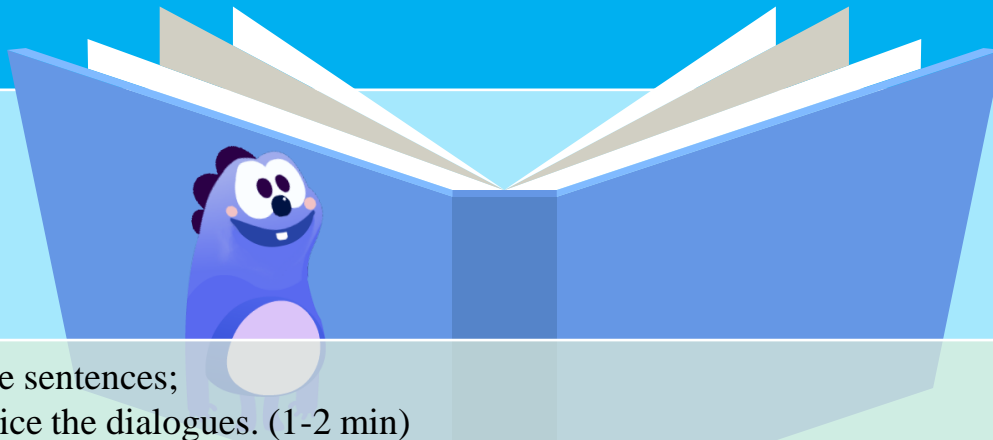


1. **Jack:** I have a headache.

**Doctor:** You \_\_\_\_\_ take some medicine.

2. **Tom:** I'm really tired.

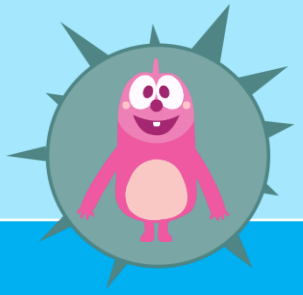
**Mom:** You \_\_\_\_\_ stay up so late.



Tips: 1. Have students complete the sentences;  
2. Teacher and students practice the dialogues. (1-2 min)

# Practice

*Write should or shouldn't.*

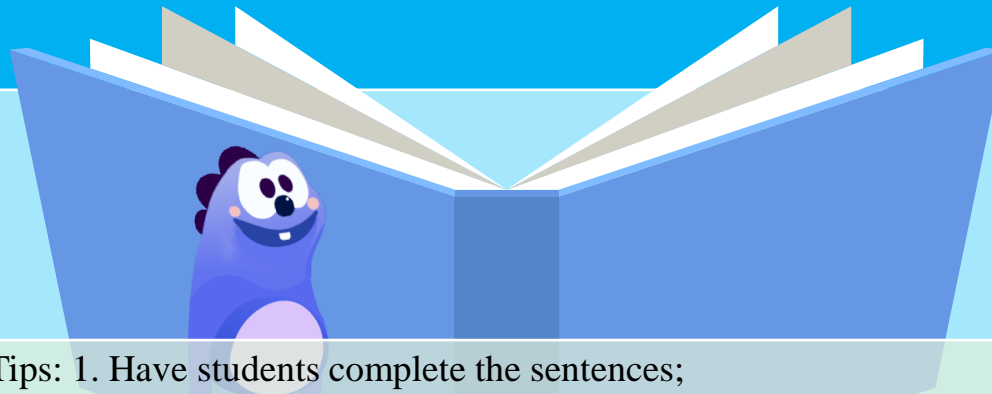


3. **Mom:** My son has a fever.

**Doctor:** He \_\_\_\_\_ go to school.

4. **Sonya:** I like to watch TV for hours every day.

**Doctor:** You \_\_\_\_\_ watch so much TV.



Tips: 1. Have students complete the sentences;  
2. Teacher and students practice the dialogues. (1-2 min)

# Practice

Choose **should** or **shouldn't**.



1. I **should / shouldn't** eat more vegetables.

2. You **should / shouldn't** drink so much soda.

Tips: 1. Have students complete the sentences and read them twice;

2. Make more sentences to have students complete. For example, You \_\_\_\_\_ eat fruits every day. (1-2 min)

# Practice

Choose **should** or **shouldn't**.



3. We **should / shouldn't** stay up late.

4. He **should / shouldn't** exercise every day.

Tips: 1. Have students complete the sentences and read them twice;

2. Make more sentences to have students complete. For example, You \_\_\_\_\_ eat fruits every day. (1-2 min)

# Learn



## Grammar

You	should take care of	yourself.
We		ourselves.
They		themselves.



Tips: 1. Have students read the grammars aloud at least twice; 2. Ask “Can you take care of yourself?” (1-2 min)



# Learn

## Grammar



I am not **myself** today.

**She** finished the job by **herself**.

**He** declared **himself** satisfied.



Tips: 1. Have students read the grammars aloud at least twice; 2. Ask “Can you take care of yourself?” (1-2 min)

# Practice

Read and complete.

1. Thanks for your kindness. I can do it by \_\_\_\_\_.

2. My sister often goes to bed late. She should take care of \_\_\_\_\_.



Tips: 1. Have students complete the sentences and read them twice;

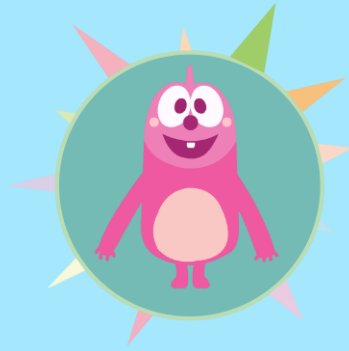
2. Make more sentences to have students complete. For example, You eat too much ice cream, you should take better care of \_\_\_\_\_. (1-2 min)

# Practice

Read and complete.

3. My brother exercises every day. He takes good care of\_\_\_\_\_.

4. My family grows vegetables in the garden. We eat good food and take care of \_\_\_\_\_.



Tips: 1. Have students complete the sentences and read them twice;

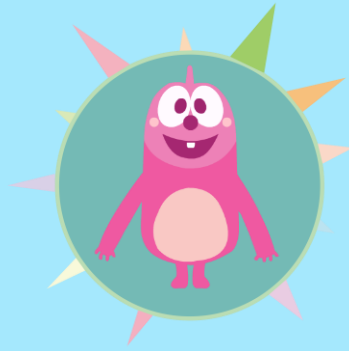
2. Make more sentences to have students complete. For example, You eat too much ice cream, you should take better care of \_\_\_\_\_. (1-2 min)

# Practice

Read and complete.

5. You should take care of \_\_\_\_\_, too.

6. My grandparents are 80. They take good care of \_\_\_\_\_.



Tips: 1. Have students complete the sentences and read them twice;

2. Make more sentences to have students complete. For example, You eat too much ice cream, you should take better care of \_\_\_\_\_. (1-2 min)

# Practice

Find out the correct word.



1. Luckily, he didn't hurt \_\_\_\_\_ terribly yesterday.

myself

**himself**

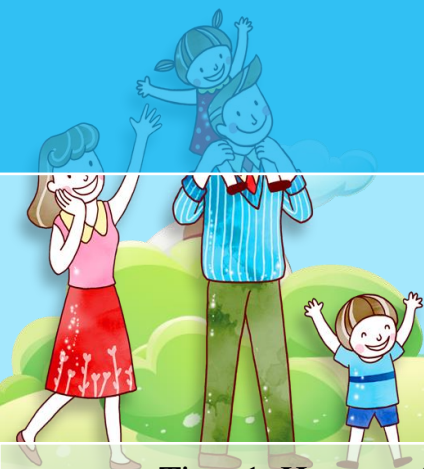
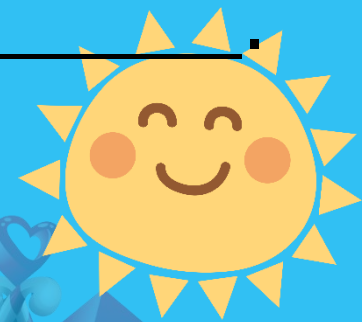
herself

2. She doesn't exercise. She should take better care of \_\_\_\_\_.

himself

themselves

**herself**



Tips: 1. Have students complete the sentences and read them twice;

2. Have students answer, you → yourself, they → \_\_\_\_\_, he → \_\_\_\_\_. (2 min)



# Practice

Find out the correct word.



3. We eat a lot of sweets. We should take better care of \_\_\_\_\_.

myself

ourselves

themselves

4. Those girls enjoyed \_\_\_\_\_ in the party last night.

themselves

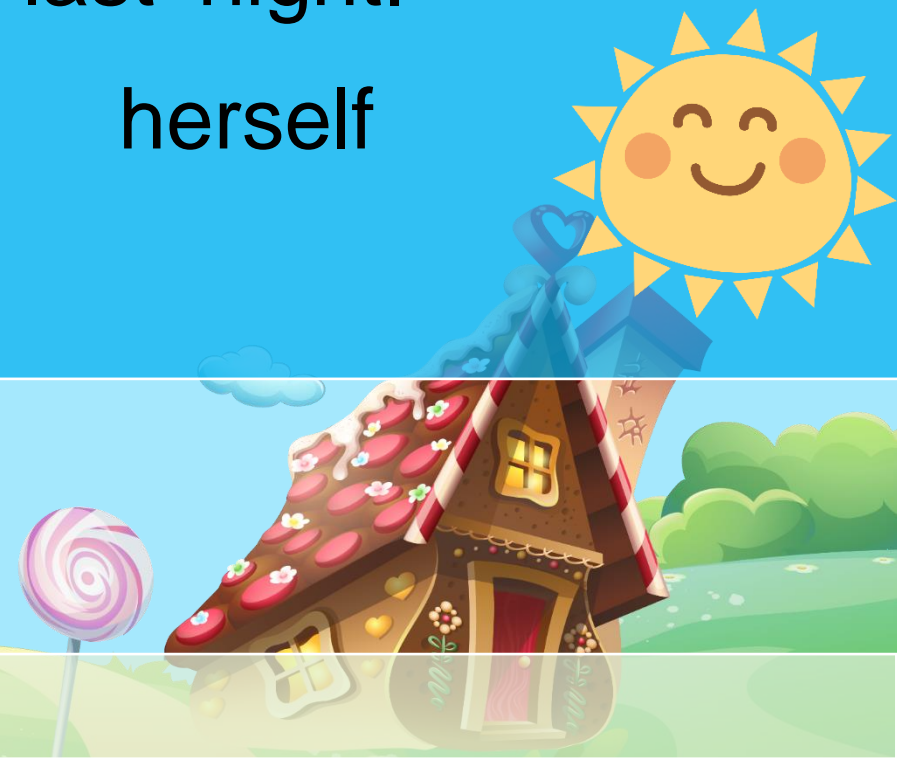
ourselves

herself



Tips: 1. Have students complete the sentences and read them twice;

2. Have students answer, you → \_\_\_\_\_, they → \_\_\_\_\_, he → \_\_\_\_\_. (2 min)



# Practice

Read the sentences. Write advice.



1. My brother has  
a scrape on his  
leg.



Tips: Have students answer the questions. (2 min)

# Practice

Read the sentences. Write advice.



2. My friends  
don't eat  
vegetables.



Tips: Have students answer the questions. (2 min)





# Conclusion

1. We have learned the words:  
should, shouldn't, make noise,  
myself, herself, himself, yourself, themselves, ourselves





## Conclusion

2. We have learned the sentences:

I/You/He/She/We/They should put some medicine on it.

I/You/He/She/We/They shouldn't make noise in the library.

I am not myself today.

She finished the job by herself.

He expressed himself satisfied.

You should take care of yourself.

They should take care of themselves.

We should take care of ourselves.



