

Learning Well

Workbook

3

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1 Find and circle six actions. Then write.



get dressed wake up take a shower brush my teeth wash my face make my bed

1 In the bathroom, I ...



brush my teeth



2 In the bedroom, I ...



2 Look, unscramble the words, and write.



1 tge pu



2 rbuhs
ym irha



3 upt no ym
ohses



4 ckap
ym gab



5 lecan pu



6 indrk uicje



In the morning, I 1 get up at seven o'clock, and I get ready for school. I 2 _____ and 3 _____. Then I 4 _____, and I 5 _____. I 6 _____ in the kitchen. Then I go to school.

1 Unscramble the sentences.



Adam: 1 I always make my bed in the morning.
always / I / my bed / make



Emma: 2 Me too, but _____!
makes / never / my sister / her bed

Adam: 3 _____ in the evening.
usually / My dad and I / clean up

Emma: 4 _____ on the weekend.
clean up / sometimes / I

2 Look and complete the sentences.

always ✓✓✓ usually ✓✓ sometimes ✓ never ✗



✓✓✓



✗



✓✓



✓



✓✓✓

1 My brother always gets up at seven o'clock. 2 My sister _____ in the morning. 3 My dad and I _____ for breakfast. 4 I _____ after lunch. 5 We _____ before school.

3 Write sentences about your morning.

I _____ wake up _____.

I _____ have a shower _____.

I _____ make my bed _____.

I _____ pack my bag _____.

Spelling: *r-*, *wr-*

1 1.01 Listen. Circle the letters you hear. Then write the words.



1 robot



2 _____



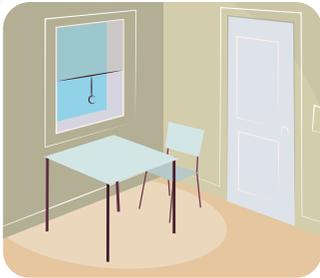
3 _____



4 _____

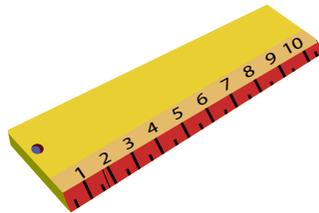
2 Read and circle the correct spelling.

1



w
room

2



w
ruler

3



w
rite

4



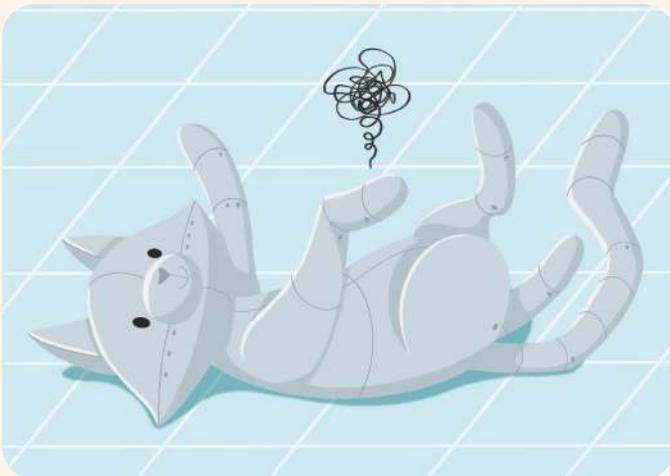
w
rainy

3 1.02 Complete the words. Then listen and say the tongue twister.

What's 1 **wr**ong with my 2 _____obot?

It can't 3 _____ite

Or 4 _____un around the 5 _____oom.



Spelling Bee Challenge

- Close your books.
 - Ask a friend to test you.
- How many words beginning with *r* and *wr* can you spell?

Spell "red."

r-e-d

A Real Friend

1 Think about the story. Then number the pictures in the correct order.



Adam says sorry to Charlie.



Charlie isn't happy.



Adam gets a cool birthday present.



Adam takes his birthday present to the club.

2 **Exam Practice** Read and choose. Then complete the sentences.



My Club Page

This is my new toy. It's a robot cat. It was my birthday present from my mom. It's a great present. It can't

talk, but it can run, jump, and climb. You press the red button to start it.

I sometimes take my robot to school or to our club because my friends like playing with it too. This is Charlie. He's my cat. He usually comes with me to the club, but he doesn't like dogs or robots. Charlie is my real friend because I love him, and he loves me. I like playing with Charlie in the evening, after school.



Like Share Comment

- 1 Adam's new toy is a robot cat.
- 2 The new toy was a _____ from his mom.
- 3 Adam's friends _____ with his new toy.
- 4 Charlie doesn't like _____ or _____.
- 5 Charlie is Adam's real _____.

3 Read, choose, and write.

I like / don't like _____ in the story.

This is because _____.

1 Classify the phrases.

~~go to bed early~~ drink soda eat candy exercise go to bed late eat healthy snacks



Good for You

go to bed early



Bad for You

2 Read and write.

1



Tim usually drinks orange juice.

2



Tim usually eats healthy snacks.



Tom usually *drinks soda*.



Tom usually _____.

3



Tim always exercises on the weekend.

4



Tim always goes to bed early.



Tom never _____ on the weekend.



Tom always _____.

3 Write a sentence about you and a person in your family.

I *always go to bed early*. My *dad sometimes goes to bed early*.

I _____ . My _____ .

1 Look. Then complete the questions and answers.

| How often ... ? |  |  |  |  |
|---|---|---|--|---|
| Mark  | 2 day | 1 week | 3 week | 0 |
| Priya  | 0 | 2 day | 1 day | 3 week |
| Greg and Joe  | 3 day | 0 | 2 week | 1 week |

0 = never 1 = once 2 = twice 3 = three times

1 How often does Mark drink soda?

He drinks soda once a week.

2 How _____ Priya eat candy?

She never eats candy.

3 How often do Greg and Joe exercise?

They exercise _____.

4 _____ Greg and Joe go to bed late?

They go to bed late once a week.

2 Answer the questions.

1 How often do you drink juice? _____.

2 How often do you ride a bike? _____.

3 How often do you eat chips? _____.

3 Make your own question.

1 Read the article on Student’s Book pages 18–19 again. Read and write *True* or *False*.

- 1 Only people who live in New York know how to breakdance. _____
- 2 Breakdancing is slow and doesn’t take a lot of energy. _____
- 3 A “windmill” is when a dancer spins on their shoulders with their legs in the air. _____
- 4 A breakdance “battle” is a kind of competition where only one dancer wins. _____
- 5 Breakers do not need to practice to be good at their sport. _____



2 Do you want to try breaking? Why or why not?

3 Look and match.



- 1 kick _____ 2 stretch _____ 3 battle _____ 4 windmill _____

1 1.03 **Exam Practice** Listen, look, and check (✓) the box.

1 What time does Giulia usually go to bed?



2 What time does Giulia go to bed on Saturdays?



3 What time does Giulia get up on school days?



2 **Read and match.**

- | | |
|-----------------|----------------------------------|
| 1 Can I ask you | a you. |
| 2 Yes, of | b course. |
| 3 Thank | c great! |
| 4 That's | d some questions, please? |

3 1.04 Listen and complete the dialogue. Then listen again and check.

Can I **1** ask you a question, **2** _____?

Yes, **3** _____ course.

Thank **4** _____. How often do you brush your teeth?

I clean my teeth twice a day.

5 _____ great.



1 Plan Think about what you do in the evening. Write two lists.



Healthy Evening Activities

play soccer

Unhealthy Evening Activities

watch TV



2 Write Write instructions and reasons for a healthy evening routine.

How to have a healthy evening routine

- 1 Do / Play / Eat / Go / Drink *soccer*.
It's good for your body.
- 2 _____
- 3 _____
- 4 _____
- 5 Don't _____

3 Check Read and check your work with a partner.

- I don't use the words *I, you, he, or she* at the start of each instruction.
- I use a capital letter for the first word of each instruction.
- I say why each activity is healthy.