



## "BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School	_____	City	_____
Teacher's name	_____		
Student's name	_____		
Grade	6 <sup>th</sup>	Level	A2

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

Estimados Padres de Familia y/o Acudientes:

Apreciamos su compromiso y colaboración para continuar con nuestra labor de permitir a nuestros hijos (as) a progresar en su trabajo académico en casa. Esta guía se diseña con el fin de ayudarlo a su hijo (a) a practicar los adverbios de frecuencia utilizados en el presente, así como el vocabulario relacionado con las rutinas y hábitos. Las actividades planteadas están basadas en el libro del estudiante *Way to Go 6*, página 26, ejercicio 1. Se adjunta la página del libro al final de esta guía en caso de no tener acceso a internet. Se estima que su hijo (a) dedique alrededor de 1 hora y 10 minutos para su completo desarrollo. Esta guía está dividida en 6 secciones así:

- ✓ **Sección 1 (Vocabulario):** reconocer y clasificar algunas frases relacionadas con buenos y malos hábitos.
- ✓ **Sección 2 (Escucha):** escuchar el audio (pista 16) tomado del libro del estudiante *Way to Go* en la página 26 y responder unas preguntas de comprensión donde identificará la frecuencia con que se realizan las actividades en el audio.
- ✓ **Sección 3 (Lenguaje):** descubrir el uso de los adverbios de frecuencia a través de unas preguntas basadas en el texto tomado de la página 26 ejercicio 1.
- ✓ **Sección 4 (Escritura):** diseñar un afiche donde mencione sus buenos hábitos y malos hábitos a través de frases cortas simples y los ilustre por medio de imágenes.
- ✓ **Sección 5 (Habla):** grabar un video de un minuto donde presente su afiche y lo comparte con su profesor y compañeros a través del grupo de WhatsApp.
- ✓ **Sección 6 (Autoevaluación):** evaluar su aprendizaje y comprensión del tema a partir de la reflexión de su desempeño en el desarrollo de las actividades de esta guía.

Para mayor facilidad, cada actividad de esta guía presenta ejemplos de cómo desarrollarlos, así como recursos adicionales de apoyo para tener práctica extra. Esperamos que su apoyo y supervisión al desarrollar la guía se vean reflejadas al contestar las preguntas planteadas en ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA y confirme los aprendizajes que su hijo (a) logró adquirir.

**¡Agradecemos su apoyo y buena disposición!**



## WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you practice vocabulary about good and/or bad habits to care for your health. All the activities are connected to the reading in *Way to Go Student's Book 6, page 26, exercise 1*. It starts with a vocabulary activity. Then, you will listen and read a text and work on some activities about it; then you will discover how to express frequency through some concept questions. Later, you will design a poster about your good and bad habits, and finally you will present it in a short video to share it with your teacher and classmates.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Having a good life	Reading Writing Listening Speaking	Present simple (adverbs of frequency)	Routines	Describing the frequency of routines and habits

## GET READY

<b>Study time needed:</b>  <b>1 hour and 10 minutes</b>	<b>Resources:</b>  <i>English dictionary, notebook, pencil, mobile phone or computer, a whole cardboard, colour markers, colour pencils, PDF file of Way to Go Student's Book 6.</i>	<b>Textbooks Links:</b>  <i><a href="#">-Way to Go Student's Book 6 page 26 exercise 1</a></i>
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## LEARNING OBJECTIVES

*What will you learn/practise/reinforce with these activities?*

- To review vocabulary about good and bad habits to care for health.
- To describe the frequency of activities using adverbs of frequency.
- To describe and show differences between good and bad habits in a poster.
- To record a short video practicing adverbs of frequency and the vocabulary.

## LEARNING STRATEGIES

*What can you do to achieve the objectives?*

- Read carefully the instructions for each task.
- Look at the models of answers given in each activity. They will help you to know how to answer, and they are highlighted in yellow.
- Make a glossary of new words in your notebook. Don't translate every word. Use drawings to represent them. Use your prior knowledge and try to infer the meaning.



# ACTIVITIES

## 1. VOCABULARY TASK (10 minutes)

A. Classify the following phrases according to the categories given in the box.

Usually eat fruits      always eat a lot candies      sometimes drink water  
 never sleep 8 hours per day      sometimes practice sports      bad personal hygiene  
 always obey my parents      never visit the dentist      usually read a book      never have breakfast

Good habits	Bad habits
<p><u>-Usually eat fruits</u></p>	

## 2. LISTENING TASK (10 minutes)

B. Open your *Way to Go* Student's book on page 26. Listen to the audio recording (track 16) in exercise 1 and choose the correct option based on what you hear.

- What place is very cold?  
 a. England      b. Iceland      **c. Finland**
- How often does she go to school?  
 a. Always      b. Usually      c. Sometimes      d. Never
- How often does she go to the cafeteria?  
 a. Always      b. Usually      c. Sometimes      d. Never
- How often does she eat fruit and vegetables?  
 a. Always      b. Usually      c. Sometimes      d. Never
- How often does she eat chips?  
 a. Always      b. Usually      c. Sometimes      d. Never



### 3. LANGUAGE TASKS (10 minutes)

C. Read Lotte's message and answer the questions below.

1 Dear Makena!  
 How are you? It's very cold here in Finland.  
 I usually go to school at 7 a.m. I like school.  
Sometimes I go to the cafeteria for my lunch.  
 I always eat fruit and vegetables. I never eat chips! Do you like the food at your school?  
 Love,  
 Lotte

1. The word "usually" means:
  - a. Always
  - b. Never
  - c. most of the time
2. Lotte's message is in...
  - a. Past
  - b. Present
  - c. Future
3. In a correct sentence, adverbs of frequency usually go:
  - a. After the verb
  - b. Before the verb
  - c. at the end
4. Adverbs of frequency express about the \_\_\_\_\_ of actions.
  - a. Reality or fantasy
  - b. Intensity or strength
  - c. Regularity or periodicity
5. When we use "never" in a sentence, it means...
  - a. We don't do something
  - b. we do something
  - c. we have to do something
6. The sentence "I don't never eat fruits" is...
  - a. Correct
  - b. incorrect

D. Write the sentences again according to your own habits putting an adverb of frequency (*always, usually, sometimes, never*) in the correct place.



- 1) I eat fruits. I sometimes eat fruits.
- 2) I have breakfast. \_\_\_\_\_.
- 3) I read a book. \_\_\_\_\_.
- 4) I visit the dentist. \_\_\_\_\_.
- 5) I obey my parents. \_\_\_\_\_.
- 6) I eat candies. \_\_\_\_\_.

**4. WRITING TASK** (20 minutes)

**E.** Design a poster making a list of your good and bad habits. Consider the following instructions:

1. Divide your poster into two columns or sections and write 5 good habits on one column and 5 bad habits on the other using the adverbs of frequency.
2. Below the sentences, draw a picture of yourself showing the results of having those habits.

**\*Note:** you can use the following poster as a model:

MY GOOD HABITS	MY BAD HABITS
<p>1. <i>I always exercise.</i> 2. ....</p>	<p>1. <i>I sometimes eat junk food.</i> 2. ....</p>
<p>2</p> 	<p>3</p> 




**5. SPEAKING TASK** (15 minutes)

**F.** Record a 1-minute video showing your poster and talking about your good and bad habits. Follow these recommendations:

1. Prepare a short paragraph of what you want to say in the video recording, based on what you have in the poster.
2. Use your cell phone video recorder app and camera.
3. Share your video with your teacher and classmates through WhatsApp.

**6. SELF-ASSESSMENT TASK** (5 minutes)

-Tick (✓) the option that shows what you can do.

After finishing this self-study guide, I can...	4  Great	5  Good	6  I need more practice
use vocabulary about good and bad habits.			
identify the adverbs of frequency and their uses.			
show and tell people about my good and bad habits.			



### THIS IS THE END

Congratulations! You have made it to the end! Now you can tell your classmates about your good and bad routines and how often you follow them by showing the amazing poster that you created. It is time to check the useful resources below for extra practice.

### USEFUL RESOURCES

Online bilingual dictionary

<https://www.ldoceonline.com/es-LA/>

Guide for having a healthy lifestyle

<https://classroom.kidshealth.org/cc/GetMoving.pdf>

Videos about healthy and unhealthy habits

[https://www.youtube.com/watch?v=S-12Zj\\_JIRQ](https://www.youtube.com/watch?v=S-12Zj_JIRQ)

<https://youtu.be/AVkcybjokP4>

<https://youtu.be/FWw8xgDTFTQ>

Explanation and video about Adverbs of Frequency

[https://www.grammar.cl/Basic/Adverbs\\_Frequency.htm](https://www.grammar.cl/Basic/Adverbs_Frequency.htm)

### ANSWER KEY

#### 1. VOCABULARY TASK

##### A.

Good habits	Bad habits
<p><b>-Usually eat fruits</b></p> <ul style="list-style-type: none"> <li>-sometimes drink water</li> <li>-sometimes practice sports</li> <li>-always obey my parents</li> <li>-usually read a book</li> </ul>	<ul style="list-style-type: none"> <li>-always eat a lot candies</li> <li>-never sleep 8 hours per day</li> <li>-bad personal hygiene</li> <li>-never visit the dentist</li> <li>-never have breakfast</li> </ul>

#### 2. LISTENING TASK

**B. 1. c    2. b    3. c    4. a    5. d**

#### 3. LANGUAGE TASKS

**C. 1. c    2. b    3. b    4. c    5. a    6. b**

**D. Free answers**

### ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo (a) haya desarrollado completamente las actividades de esta guía, le sugerimos hacerle las siguientes preguntas para comprobar el avance en el proceso de aprendizaje:

1. ¿Qué actividad te costó mayor trabajo realizar y por qué?
2. ¿Cuál fue la actividad que te gustó más desarrollar y por qué?
3. Dime en inglés algunos hábitos buenos.
4. ¿Se te facilitó identificar los adverbios de frecuencia y su uso en las oraciones?
5. ¿Fueron claras las instrucciones para cada actividad?



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### APPENDIX

#### Way to Go Student's book 6 page 26 exercise 1

#### MODULE // 1 Unit // 2 Lesson // 3

## Preparing Your Task » I Never Do That!

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1.  Listen » Listen and read.

Dear Makena!

How are you? It's very cold here in Finland. I usually go to school at 7 a.m. I like school. Sometimes I go to the cafeteria for my lunch. I always eat fruit and vegetables. I never eat chips! Do you like the food at your school?

Love,  
Lotte





## LINKS OF IMAGES

1. Ministerio de Educación Nacional (2016). Way to go! 6th Grade Student's book. Bogotá D.C. – Colombia. P. 26. Retrieved from [www.colombiaaprende.edu.co/colombiabilingue](http://www.colombiaaprende.edu.co/colombiabilingue).
2. Image retrieved from <https://www.vecteezy.com/vector-art/420209-healthy-life-daily-activity-vector-illustration> with a free for commercial use license.
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