

## “BEYOND THE CLASSROOM” ENGLISH SELF-STUDY GUIDE

School	_____	City	_____
Teacher's name	_____		
Student's name	_____		
Grade	7 <sup>th</sup>	Level	A1

### ORIENTACIONES PARA LOS PADRES DE FAMILIA

Estimados padres de familia / acudientes,

Esta guía de aprendizaje de inglés está diseñada con el fin de ayudarle a su hijo (a) a reforzar algunos verbos y expresiones relacionadas con las rutinas de cuidado e higiene personal, así como los adverbios de frecuencia y las preguntas en tiempo presente simple. El trabajo de esta guía está basado en la página 27 del libro del estudiante *Way to go 7* que está disponible en la plataforma Colombia Aprende. Se adjunta dicha página al final de esta guía para quienes no tienen acceso a internet. Se estima que su hijo (a) dedique aproximadamente 1 hora para desarrollar las siguientes actividades:

- ✓ **Sección 1 (vocabulario):** encontrar en la sopa de letras las palabras relacionadas con algunos hábitos de higiene personal. Luego, marcar con una X en la tabla de acuerdo a la frecuencia con la que realiza cada actividad.
- ✓ **Sección 2 (escucha):** Escuchar un audio para marcar con una X de acuerdo a las rutinas de cuidado personal que tiene Camila. Para esto, su hijo (a) debe remitirse al libro del estudiante *Way to Go* página 27, ejercicio 3, pista 10.
- ✓ **Sección 3 (lenguaje):** Realizar lectura del texto y responder a preguntas de falso/verdadero para reconocer los usos de los adverbios de frecuencia y la estructura del tiempo presente simple.
- ✓ **Sección 4 (escritura):** Diseñar tres fichas ilustradas invitando a sus compañeros a tener rutinas de cuidado personal. Para esto, su hijo(a) debe escribir 3 oraciones cortas (1 por ficha) utilizando el vocabulario (expresiones, adverbios de frecuencia y verbos) practicado en esta guía junto con sus conocimientos previos, y debe acompañarlos de imágenes que representen dichas rutinas. Una vez finalizado el diseño, su hijo (a) debe tomarles foto y enviarlas al grupo de inglés en WhatsApp.
- ✓ **Sección 5 (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.

Agradezco su acompañamiento y supervisión durante el desarrollo de esta guía de trabajo. Al final encontrará una serie de preguntas para verificar el aprendizaje de su hijo (a), al igual que enlaces a páginas de internet para tener práctica adicional del tema de esta guía. Espero que su hijo (a) disfrute el trabajo. Recuerde que la educación se fortalece cuando se trabaja en armonía familiar. Muchas gracias por su apoyo.

**iManos a la obra!**



## WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you recognize and practice some vocabulary and expressions related to personal hygiene habits as well as the present simple tense and the adverbs of frequency. The activities presented in this guide are related to the Way to go student's book 7, module 1, unit 2, page 27. First, you will find some vocabulary revision activities. Then, you will listen to an audio and answer some questions. Later, you will discover the uses of the present simple tense and the frequency adverbs through some true/false questions, and finally you will design some cards to invite others to have good personal hygiene routines.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
My personal care routine	Listening Writing	Simple Present tense Adverbs of Frequency	Personal care and hygiene habits and routines	Giving information about body care routines. Inviting others to have good personal hygiene routines.

## GET READY

<b>Study time needed:</b>  <b>1 hour</b>	<b>Resources:</b>  <i>English dictionary, 3 pieces of cardboard, English notebook, pen/pencil, colour pencils, markers, PDF file of Way to go student's book 7, headphones, internet.</i>	<b>Textbooks Links:</b>  - <a href="#"><u>Way to go student's book 7, page 27, exercise 3</u></a>
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## LEARNING OBJECTIVES

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

- Identify vocabulary about personal care routines.
- Recognize the uses of adverbs of frequency in context in the present simple tense.
- Design short messages inviting others to have personal care routines.

## LEARNING STRATEGIES

*What can you do to achieve the objectives?*

- Read the instructions for each task.
- Use the dictionary only if necessary. You should not translate word by word. Use your prior knowledge and try to infer the meaning of new words.
- Make a glossary on your notebook and draw images to relate them.
- Look at the sample answers given in each activity. They are highlighted in blue.



# ACTIVITIES

## 1. VOCABULARY TASKS (15 minutes)

A. Look at the images and find the habits in the word search puzzle. Then, label the images with their corresponding words.



2. \_\_\_\_\_



1. *sleep*



6. \_\_\_\_\_



7. \_\_\_\_\_



3. \_\_\_\_\_



8. \_\_\_\_\_



4. \_\_\_\_\_



9. \_\_\_\_\_



5. \_\_\_\_\_

F	X	R	N	D	V	L	I	W	A	S	H	H	A	N	D	S
R	T	H	A	R	R	A	R	B	J	V	D	W	H	M	S	S
B	H	P	N	I	U	P	L	A	Y	S	P	O	R	T	S	U
R	W	S	S	N	A	S	U	H	B	C	U	P	P	L	V	I
H	S	C	A	K	M	D	S	T	E	V	W	Q	A	S	F	P
U	T	C	X	W	F	C	E	E	S	S	H	O	W	E	R	G
J	I	S	B	A	T	I	D	E	J	N	A	H	M	H	G	A
H	U	W	J	T	U	I	E	T	H	G	L	A	C	T	F	U
D	R	G	L	E	L	G	O	H	K	V	D	K	U	O	K	D
N	F	U	K	R	F	N	D	S	C	N	D	P	T	L	K	G
J	T	A	F	C	G	X	O	U	F	A	W	E	N	C	D	G
X	A	W	R	O	J	E	R	R	F	L	Y	E	A	N	R	R
H	E	A	R	T	L	K	A	B	O	H	A	L	I	A	A	J
J	S	H	X	B	V	R	N	N	N	H	P	S	L	E	A	I
V	L	W	Y	K	I	Q	T	C	I	C	X	L	S	L	V	J
L	O	O	K	P	J	O	L	X	B	G	Q	F	B	C	U	H
G	B	B	N	V	B	A	Q	J	R	O	X	T	S	P	O	Y



10. \_\_\_\_\_

B. How often do you practice personal care routines? Place an X according to your habits.

HOW OFTEN DO YOU...	ALWAYS	OFTEN	SOMETIMES	NEVER
✓ Eat fruits and vegetables	X			
✓ Eat candies				
✓ Drink water				
✓ Play sports				
✓ Brush my teeth				
✓ Have a shower				
✓ Sleep eight or nine hours				



2. LISTENING TASKS (15 minutes)

C. Open your *Way to go Student's book* on page 27 exercise 3 and listen to track 10. Listen to Camila talking about her personal hygiene routines and complete the chart.

CAMILA'S PERSONAL HYGIENE ROUTINES				
ACTION	ALWAYS	OFTEN	SOMETIMES	NEVER
✓ Have a shower	X			
✓ Wash my hair				
✓ Brush my teeth				
✓ Keep my nails clean and short				
✓ Wear clean clothes				
✓ Wash my hands before I eat				
✓ Use deodorant				

D. According to Camila's personal hygiene routines, write true ( T ) or false ( F ).

1. She always has a shower at night. ( F )
2. She often brushes her teeth twice a day. ( )
3. She sometimes keeps her nails clean. ( )
4. She often changes her clothes every day. ( )
5. She always washes her hands before she eats. ( )
6. She doesn't use deodorant. ( )

3. LANGUAGE TASKS (10 minutes)

E. Read the text and write T (true) or F (false) for the statements below.

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Good morning everyone. Today I'm going to tell you about my personal hygiene routines. I **always** have a shower in the morning, every day. But I only wash my hair **sometimes**. I **often** brush my teeth twice a day. I **don't always** keep my **nails clean** and cut short, only **sometimes**. I **always** change my clothes every day. I have to confess, I **never** wash my hands before I eat, but I do wash my hands after I use the toilet! I **always** use deodorant after I have a shower.



1. The previous text is in past.
2. We use the present simple to talk about routines.
3. We add *-es* or *-s* to the end of verbs for *he/she* in affirmative sentences.
4. *Always, never, sometimes, usually* are adverbs of frequency.
5. Adverbs of frequency go after the main verb in affirmative sentences.
6. We use *don't* and *doesn't* before the main verb to make negative sentences.
7. We use *don't* for *he/she* in negative sentences.
8. We use *Do* and *Does* at the beginning to make questions.

F

**F.** Circle the mistakes in the sentences and correct them.

1. John always use deodorant after shower. John always uses deodorant after shower.
2. Carolina have a shower every day. \_\_\_\_\_.
3. Camila don't wash her hands before she eats. \_\_\_\_\_.
4. My friends keeps their nails clean. \_\_\_\_\_.
5. My brother brushes never his teeth in the morning. \_\_\_\_\_.
6. I change often my clothes. \_\_\_\_\_.

**4. WRITING TASK** (15 minutes)

**G.** It's time to invite others to have good personal hygiene routines every day. Design 3 small flashcards, each one showing a personal hygiene routine. Write short sentences and drawings to illustrate your ideas using the verbs and vocabulary studied before in this guide. Check this example:



>When you finish your flashcards, take a picture of each one and send them to the English WhatsApp group so your teacher and classmates can see them.



### 5. SELF-ASSESSMENT TASK (5 minutes)

>Place a tick (✓) according to your progress in this guide.

After answering the activities in this guide, I can...	13  Always	14  Sometimes	15  Still learning
Recognize words related to personal hygiene routines.			
Use adverbs of frequency correctly in sentences.			
Invite others through short messages to have good personal care routines.			

### THIS IS THE END

Well done dear student! You have reached the end of this guide. Now you are able to recognize personal hygiene habits and invite others to have them too. Continue practicing the vocabulary and expressions about your personal hygiene routines and most importantly, keep practicing them daily.

### USEFUL RESOURCES

Online bilingual English-Spanish dictionary

<https://www.wordreference.com/>

Videos about personal care habits

<https://www.youtube.com/watch?v=VPHGa09cFuE>

<https://www.youtube.com/watch?v=D5BtnvQqbWs>

Explanation of the present simple tense

<https://learnenglish.britishcouncil.org/english-grammar-reference/present-simple>

<https://learnenglishkids.britishcouncil.org/es/node/16760>

<https://gotoenglish.wixsite.com/elplaceripiales/extra-workshops> Extra workshop from July 6<sup>th</sup> to 12<sup>th</sup>.

Explanation of adverbs of frequency

<https://learnenglishkids.britishcouncil.org/es/node/16760>

<https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/adverbs-frequency>



### ANSWER KEY

#### 1. VOCABULARY TASKS

A.

H	G	U	H	D	A	I	J	W	A	S	H	H	A	N	D	S
J	F	D	I	R	P	L	Z	J	J	P	L	Q	P	G	B	Q
Q	S	K	N	I	V	P	L	A	Y	S	P	O	R	T	S	K
T	Z	Z	P	N	I	I	U	H	R	P	S	J	T	M	H	F
N	S	A	D	K	M	C	S	T	E	D	C	J	M	S	B	C
B	T	I	I	W	J	I	E	E	R	S	H	O	W	E	R	E
C	I	P	M	A	V	V	D	E	Y	B	Z	P	C	H	U	B
J	U	B	W	T	L	M	E	T	G	C	R	D	C	T	H	M
T	R	U	P	E	K	J	O	H	N	I	V	Y	U	O	G	E
B	F	Y	K	R	R	L	D	S	L	F	Q	P	T	L	I	Y
Y	T	H	R	B	J	Y	O	U	O	G	Y	E	N	C	I	G
T	A	X	U	C	M	W	R	R	L	V	N	E	A	N	W	J
L	E	L	O	T	K	Y	A	B	B	U	F	L	I	A	E	X
Q	U	Z	Z	Q	E	M	N	U	H	J	I	S	L	E	B	P
G	K	R	H	G	G	E	T	B	K	I	S	S	S	L	J	B
G	Y	E	K	U	C	W	A	I	Z	J	W	C	B	C	L	I
O	T	X	U	O	Q	S	N	W	V	U	H	M	Z	K	Z	Q

1. Sleep    2. Shower    3. Wash hands    4. Play sports    5. Eat fruits  
6. Brush teeth    7. Use deodorant    8. Drink water  
9. clean clothes    10. cut nails

B. Student's own answers.

#### 2. LISTENING TASKS

C.

CAMILA'S PERSONAL HYGIENE ROUTINES				
ACTION	ALWAYS	OFTEN	SOMETIMES	NEVER
✓ Have a shower	X			
✓ Wash my hair			X	
✓ Brush my teeth		X		
✓ Keep my nails clean and short			X	
✓ Wear clean clothes	X			
✓ Wash my hands before I eat				X
✓ Use deodorant	X			

- D. 1. F    2. T    3. T    4. F    5. F    6. F

#### 3. LANGUAGE TASKS

- E. 1. F    2. T    3. T    4. T    5. F    6. T    7. F    8. T

- F. 1. John always use deodorant after shower. John always uses deodorant after shower.  
 2. Carolina have a shower every day. Carolina has a shower every day.  
 3. Camila don't wash her hands before she eats. Camila doesn't wash her hands before she eats.  
 4. My friends keeps their nails clean. My friends keep their nails clean.  
 5. My brother brushes never his teeth in the morning. My brother never brushes his teeth in the morning.  
 6. I change often my clothes. I often change my clothes.

### ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Queridos padres de familia: una vez su hijo (a) haya terminado las actividades de esta guía, verifiquen su aprendizaje preguntándole:

1. ¿Cuál actividad te pareció más fácil?
2. ¿Cuál actividad te pareció más difícil? ¿Por qué?
3. Enséñame cómo se escriben y leen en inglés algunas rutinas de higiene personal.
4. ¿Pones en práctica estos hábitos o rutinas de higiene personal a diario?
5. ¿Fue necesario utilizar tu diccionario de inglés?
6. ¿Fueron claras las instrucciones en cada actividad de esta guía?
7. ¿Tuviste algún obstáculo o acierto durante el diseño de las fichas? ¿Cuál fue?



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**APPENDIX**

**Way to Go 7, Student's book page 27, exercise 3, module 1, unit 2.**

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3.



**Listen »**

Listen to Camila talking about her personal hygiene routines and complete the chart.

Personal Hygiene Routines	Always	Often	Sometimes	Never
a. have a shower				
b. wash hair				
c. brush teeth				
d. keep nails clean and short				
e. wear clean clothes				
f. wash hands before you eat				
g. use deodorant				

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