



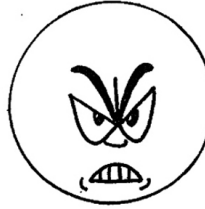
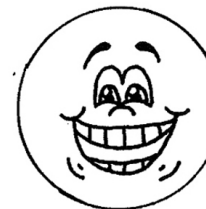



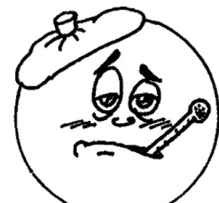
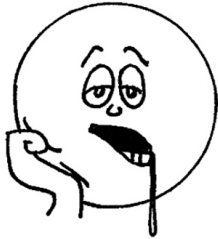









# **CONVERSATION LEVEL 1/2**



Complete the sentence:

Today  
I feel...

 Happy	 Sad	 Angry/Mad	 Excited
 Hungry	 Full	 Tired	 Sick
 Bored	 Confused	 Nervous	 Calm
 Surprised	 Scared	 Embarrassed	 Stressed

What did you  
do last  
weekend?



THIS WEEK THE TOPIC IS...

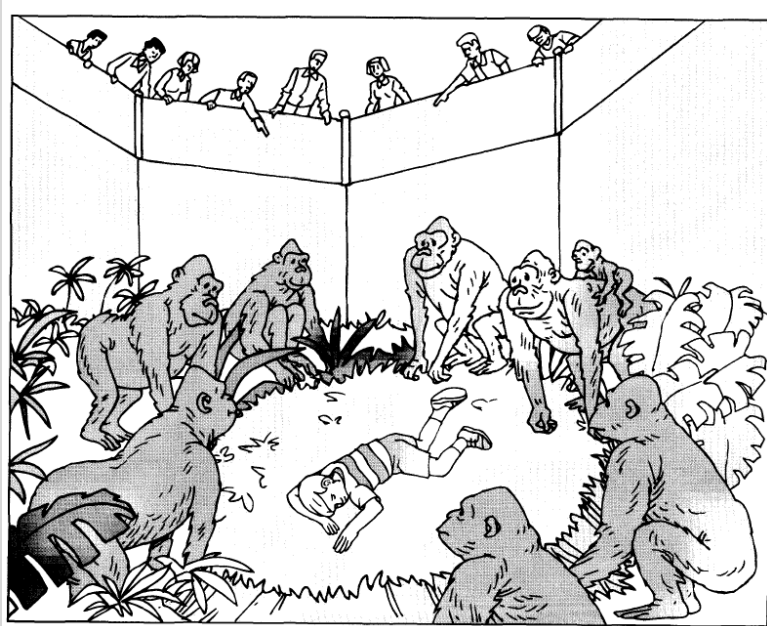
**HEALTH AND  
WELLNESSES!**



This week's reading on GogyUp:

**Level 1:**

## **Binti to the Rescue**



Read by Thursday!



# This week's reading on GogyUp:

## **Level 2:**

**How to have a balanced health triangle**



Read by Thursday!

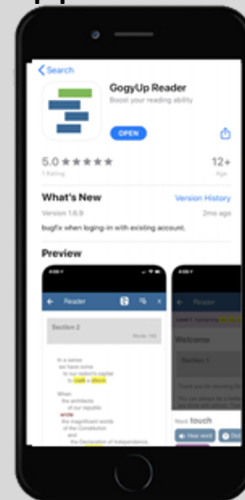




## STEP 1

Search for **GOGYUP READER** on your phone's app store.

Download it.



No phone or tablet? **No**  
problem!

*Use GogyUp on a computer!*

**Visit: [gogyup.com/webapp](http://gogyup.com/webapp)**

## STEP 2

Create a **PROFILE** to save your progress.



Need help?

Text or call:

**612-460-5358**

## STEP 3

Enter the **INVITE CODE** for your class.



Level1: **clues1**

Level 2: **clues2**

Level 3: **clues3**

What is healthy?  
What is unhealthy?



What is good for you?  
What is bad for you?

Complete the sentence:

*"To be healthy, I..."*



Complete the sentence:

"I go to the doctor  
when, I..."

Complete the sentence:

**“When I am sick I...”**



Complete the sentence:

Do you get sick often?

Complete the sentence:

What do you buy from  
the pharmacy?



What is stress?

What causes stress?

Complete the sentence:

**"When I feel stress, I..."**

Complete the sentence:

What is mental health?

Complete the sentence:

Is mental health  
important?



Complete the sentence:

How do we care for our  
mental health?

**THANKS FOR COMING TO CLASS**



**ANY QUESTIONS?**

[memegenerator.net](http://memegenerator.net)

Do you have any  
good news to share?

(Personal or not)