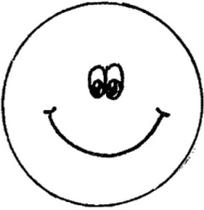
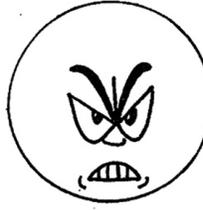
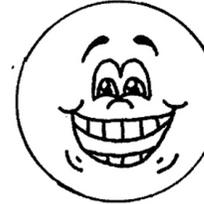
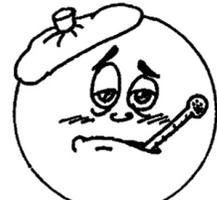
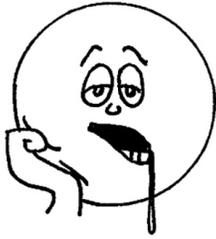




**CONVERSATION
LEVEL 1/2**

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?

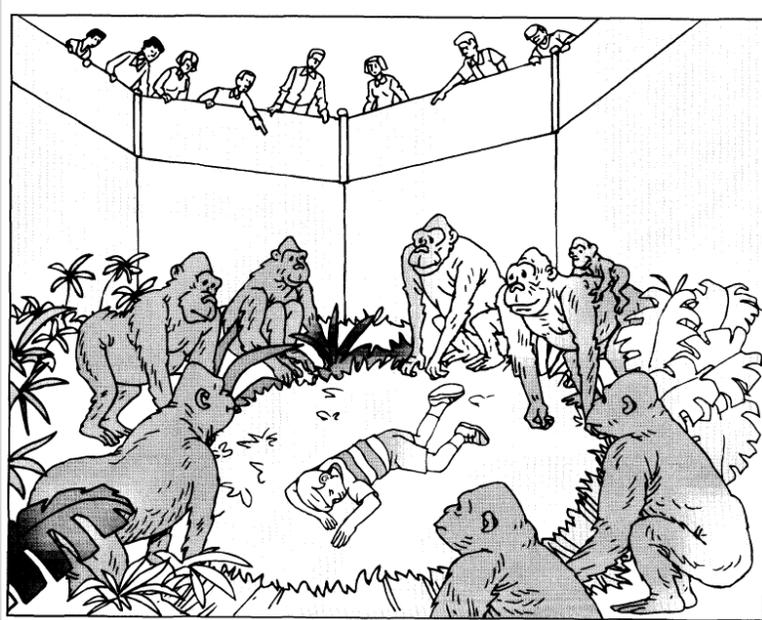
THIS WEEK THE TOPIC IS...

**HEALTH AND
WELLNESS!**

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!

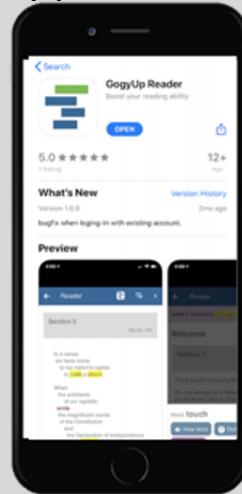




STEP 1

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

STEP 2

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



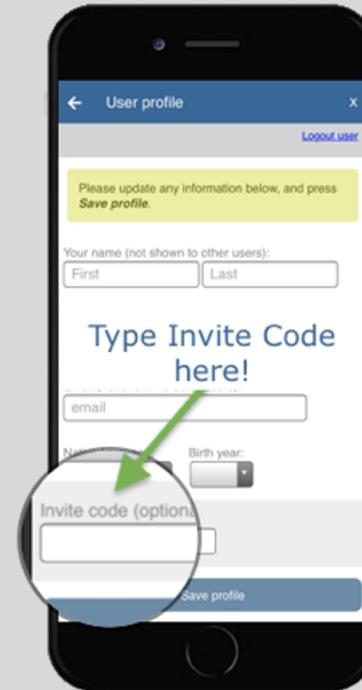
Need help?

Text or call:

612-460-5358

STEP 3

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



Level 1: **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

Do you have any
good news to share?

(Personal or not)