
Mental Health Week

Listen and write

Listen to the audio recording of “Mental Health Week.” Fill in the missing words you hear.

Here are some ways to practise good mental health:

1. _____ of your body.

It is important to _____

_____, exercise and get enough

_____.

2. Practise healthy _____. Watch out for “thinking traps.”

This happens when we think something is bad when that is not true. Try to solve problems, not just _____ about them.

3. _____. Slowing down and

_____ helps us manage stress and enjoy our lives.

4. Have fun. Doing things we _____ is good for our health.

It helps us feel _____ and

_____ about ourselves.

5. Reach out. Connect with and _____

_____. Get help when you need it.

Imperatives

Imperatives are used in English to give instructions. Imperatives don’t need a subject. The verb is in base form.

“**Listen!**” is an imperative.

Mental Health Week

Practise reading and writing imperatives with the “Mental Health Week” article.

1. Find the imperatives in the article. Circle them.
2. Think: when and why is the imperative used? Write down your ideas below.

3. What do you think others should do to have good mental health? Write some instructions. Use the imperative.

Practise good mental health

<https://www.heretohelp.bc.ca/plainer-language-series> has some resources about mental health in simple English.

1. Take a look at one page that interests you. Find the main idea. Then, find the most important details. Copy them down.

Mental Health Week

Page name:	
Main idea:	Important details:

2. Using your own words, summarize what you learned. Share the information with a classmate, a family member, or your teacher.

Mental Health Week

Answers

Listen and write

1. Take care of your body. It is important to eat well, exercise and get enough sleep.
2. Practise healthy thinking. Watch out for “thinking traps.” This happens when we think something is bad when that is not true. Try to solve problems, not just worry about them.
3. Slow down. Slowing down and relaxing helps us manage stress and enjoy our lives.
4. Have fun. Doing things we enjoy is good for our health. It helps us feel refreshed and good about ourselves.
5. Reach out. Connect with and help others. Get help when you need it.

Imperatives

1. **Here are some ways to practise good mental health:**

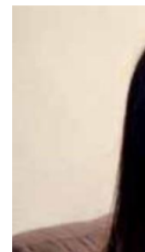
1. Take care of your body. It is important to eat well, exercise and get enough sleep.
2. Practise healthy thinking. Watch out for “thinking traps.” This happens when we think something is bad when that is not true. Try to solve problems, not just worry about them.
3. Slow down. Slowing down and relaxing helps us manage stress and enjoy our lives.
4. Have fun. Doing things we enjoy is good for our health. It helps us feel refreshed and good about ourselves.
5. Reach out Connect with and help others. Get help when you need it.



Here are some ways to get help in BC:

- Call your family doctor or visit a walk-in clinic.
- Call HealthLink BC at 811. More than 130 languages are available.

To learn more visit HereToHelp.BC.ca.



2. In the article, imperatives are used to give instructions and advice. You can find most of the imperatives after a number (step) of an instruction.