

1. FOOD GROUPS

1 FRUIT



apple, banana, strawberry, orange, grapes...

2 VEGETABLES



carrot, broccoli, tomato, cucumber, lettuce...

3 DAIRY



milk, cheese, yogurt, butter...

4 GRAINS



bread, rice, pasta, potatoes, cereal...

5 PROTEIN FOODS



chicken, fish, meat, eggs, beans, lentils...

6 FATS & OILS



butter, olive oil, nuts, avocado...

7 SWEETS & TREATS



chocolate, candy, cookies, ice cream, cake...

3. MEALS OF THE DAY

BREAKFAST

(in the morning)



I have cereal and milk.

LUNCH

(in the afternoon)



I have a sandwich and an apple.

SNACK

(in the afternoon)



I have yogurt and a banana.

DINNER

(in the evening)



I have chicken and vegetables.

7. USEFUL EXPRESSIONS

- ♥ I'm hungry.
- ♥ I'm thirsty.
- ♥ That's delicious!
- ♥ That's yummy!
- ♥ I don't like it.
- ♥ I'm full.



Can I have some water, please?

- ♥ Could I have...?
- ♥ How much is it?
- ♥ It's too sweet.
- ♥ It's just right!
- ♥ I prefer...
- ♥ What do you recommend?

YOUR TURN!

1. Match.

- | | | |
|---------|---|-------------|
| apple | • | uncountable |
| bread | • | countable |
| milk | • | countable |
| chicken | • | countable |
| rice | • | uncountable |

2. Choose the correct word.

- I have (some / any) cheese.
- Do you have (some / any) oranges?
- There isn't (much / many) salt.
- There are (many / much) people.



3. Complete with: a / an - some - any.

- I have _____ egg.
- Can I have _____ apple, please?
- There is _____ pasta on the plate.
- I don't have _____ juice.
- He wants _____ sandwich.



2. COUNTABLE & UNCOUNTABLE NOUNS

We use different words and some / any in questions and negatives.

COUNTABLE (we can count)



I have **an** apple.

Do you have **any** apples?

Yes, I do. /
No, I don't.

UNCOUNTABLE (we can't count)



I have **some** rice.

Do you have **any** rice?

Yes, I do. /
No, I don't.

QUANTIFIERS

- ♥ a / an
- ♥ some
- ♥ any
- ♥ a lot of
- ♥ much (uncountable)
- ♥ many (countable)
- ♥ not much
- ♥ not many
- ♥ none (not any)
- ♥ plenty of

EXAMPLES

- ♥ I have **a** banana.
- ♥ I have **some** milk.
- ♥ Do you have **any** water?
- ♥ There isn't **much** sugar.
- ♥ There are **many** apples.
- ♥ We have **plenty** of vegetables.

Remember!

- Use some in positive sentences.
- Use any in questions and negative sentences.
- Use much with uncountable nouns.
- Use many with countable nouns.
- We don't usually use a / an with uncountable nouns.



5. USEFUL VERBS

- ♥ eat (to eat)
- ♥ drink (to drink)
- ♥ cook (to cook)
- ♥ like (to like)
- ♥ dislike (to dislike)
- ♥ want (to want)
- ♥ have (to have)



6. ADJECTIVES

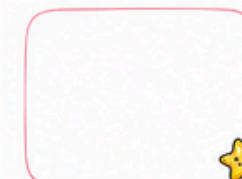
- | | |
|-------------|----------|
| ♥ healthy | ♥ sweet |
| ♥ unhealthy | ♥ salty |
| ♥ delicious | ♥ sour |
| ♥ yummy | ♥ spicy |
| ♥ fresh | ♥ greasy |
| ♥ tasty | ♥ bland |

4. What do you like? Write 3 sentences.

- _____
- _____
- _____



5. Draw your favorite food and write its name.



BONUS!

Try to describe your favorite meal!



1. ROOMS IN THE HOUSE



THE HOUSE

Vocabulary, grammar and expressions!



2. FURNITURE & OBJECTS



3. PREPOSITIONS OF PLACE

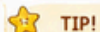


Examples:

- The cat is **in** the box.
- The plant is **on** the table.
- The ball is **under** the chair.
- The dog is **in front of** the house.
- The lamp is **next to** the sofa.
- The picture is **between** the windows.



5. THIS / THAT - THESE / THOSE



TIP!

Use **this / these** for things that are near you.

Use **that / those** for things that are far from you.

6. ADJECTIVES TO DESCRIBE

SIZE	OTHER ADJECTIVES
- big - small	- modern - old (old-fashioned) - beautiful - comfortable - clean - bright - dark - quiet - noisy
COLOUR	
- red - blue - white - green - brown	

My room is big, clean and comfortable!



9. YOUR TURN!

1. Write the name of each room.



2. Choose the correct option.

- There **is / are** a plant on the table.
- There **isn't / aren't** a TV in the bedroom.
- The picture is **next to / between** the windows.
- These **is / are** my chairs.



3. Complete with: **in - on - under - next to - behind - between**

- The cat is _____ the box.
- The lamp is _____ the table.
- The plant is _____ the window.
- The dog is _____ the chair.
- The books are _____ the shelves.



4. Answer the questions.

- Where is the kitchen?

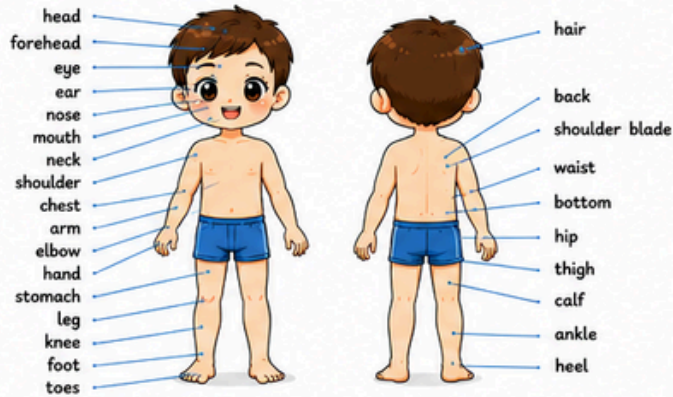
- How many bedrooms are there?

- What is your favorite room? Why?

5. Draw your dream house and describe it in 3 sentences.



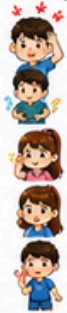
1. PARTS OF THE BODY



3. TO HAVE PAIN ...

We use HAVE + a part of the body.

- ♥ I have a headache.
- ♥ I have a stomachache.
- ♥ I have a backache.
- ♥ I have a toothache.
- ♥ I have a sore throat.
- ♥ I have an earache.
- ♥ I have an ache in my leg.



Other expressions:

- ♥ I feel sick.
- ♥ I feel tired.
- ♥ I feel fine.
- ♥ I feel dizzy.
- ♥ I feel hot.
- ♥ I feel cold.
- ♥ I feel better.

6. PLURAL NOUNS

Most nouns add -s.

arm	→	arms
leg	→	legs
eye	→	eyes
ear	→	ears
hand	→	hands
foot	→	feet

Some nouns are irregular.

tooth	→	teeth
child	→	children
man	→	men
woman	→	women

Remember: some parts come in pairs!
eyes, ears, arms, legs, hands, feet...



4. ACTIONS



Other actions: clap - bend - turn - lift - carry - push - pull - open - close

2. THE SENSES

sight



I see with
my eyes.

hearing



I hear with
my ears.

smell



I smell with
my nose.

taste



I taste with
my tongue.

touch



I touch with
my skin.

5. ADJECTIVES TO DESCRIBE PEOPLE

Physical appearance

- ♥ tall
- ♥ short
- ♥ of medium height
- ♥ thin
- ♥ slim
- ♥ stocky
- ♥ strong
- ♥ weak
- ♥ good-looking
- ♥ pretty / beautiful
- ♥ young
- ♥ old



Character / personality

- ♥ kind
- ♥ friendly
- ♥ helpful
- ♥ funny
- ♥ serious
- ♥ generous
- ♥ sporty
- ♥ active
- ♥ hard-working
- ♥ patient
- ♥ shy
- ♥ lazy

7. USEFUL EXPRESSIONS

- ♥ Take care of yourself!
- ♥ Get some rest!
- ♥ Drink water!
- ♥ Eat healthy food!
- ♥ Do exercise!
- ♥ Wash your hands!
- ♥ Brush your teeth!
- ♥ Sleep well!

A healthy body
means a happy
life! ♥



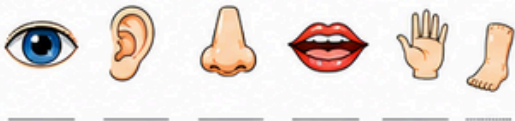
8. USEFUL QUESTIONS

- ♥ Where does it hurt?
- ♥ How do you feel?
- ♥ What's the matter?
- ♥ What's wrong?
- ♥ What should I do?
- ♥ Do you have any allergies?
- ♥ Are you okay?



YOUR TURN!

1. Write the name of each part of the body.



2. Complete with: have - has.

- a) I _____ a headache.
- b) You _____ a stomachache.
- c) He _____ a backache.
- d) She _____ a sore throat.
- e) We _____ toothaches.



3. Write the plural.

- a) arm → _____
- b) foot → _____
- c) tooth → _____
- d) child → _____
- e) woman → _____



4. Match the action with the picture.

- a) jump ○ ○ ○ ○ ○
- b) sit down ○ ○ ○ ○ ○
- c) lie down ○ ○ ○ ○ ○
- d) run ○ ○ ○ ○ ○

5. Answer the question.

How do you take care of your body?

1. CLOTHES VOCABULARY



I love wearing comfortable clothes!



CLOTHES

Vocabulary, grammar and expressions!



2. THE VERB "TO WEAR"

In English, we use the verb **TO WEAR** to talk about clothes.

Subject	TO WEAR
I	I wear ...
You	You wear ...
He / She / It	He / She / It wears ...
We	We wear ...
They	They wear ...

Examples:

- I wear a blue t-shirt.
- She **wears** a red dress.
- He wears jeans.
- We **wear** jackets.
- They **wear** hats.

Remember!
wear is the same for everything!



3. COLOURS



4. DESCRIBING CLOTHES

We use adjectives to describe clothes.

Colours

- a red sweater
- a blue shirt
- a green dress

Size

- a big coat
- a small t-shirt
- a long skirt
- short socks

Other adjectives

- a warm sweater
- a comfortable hoodie
- stylish shoes
- new jeans
- old boots

Useful!

- very + adjective
- very warm
- very nice
- very cool



6. USEFUL WORDS

Materials

- cotton
- wool
- silk
- leather
- denim

Sizes

- extra small (XS)
- small (S)
- medium (M)
- large (L)
- extra large (XL)

Patterns

- striped
- plain
- checked
- spotted
- floral

Accessories

- sunglasses
- a watch
- a bag / a backpack
- a necklace
- a bracelet



7. THE WEATHER & CLOTHES

It's sunny.



I wear sunglasses and a t-shirt.

It's cloudy.



I wear a sweater or a light jacket.

It's rainy.



I wear a raincoat and boots.

It's windy.



I wear a jacket and a scarf.

It's snowy.



I wear a coat, a hat and gloves.

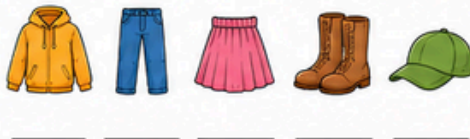
It's hot.



I wear shorts and a t-shirt.

8. YOUR TURN!

1. Write the name of each item.



2. Complete with: **wear - wears**.

- I _____ a hat.
- She _____ a red dress.
- They _____ sneakers.
- He _____ a jacket.
- We _____ jeans.



3. Choose the correct option.

- I **wear / wears** a t-shirt.
- You **wear / wears** a skirt.
- He **wear / wears** a coat.
- She **wear / wears** boots.
- They **wear / wears** hats.



4. Match.

- | | | |
|---------------|---|---------------|
| 1. hat | • | a. gloves |
| 2. scarf | • | b. boots |
| 3. gloves | • | c. sunglasses |
| 4. sunglasses | • | d. cap |
| 5. boots | • | e. jacket |

5. Answer the questions.

- What are you wearing today?

- What's your favourite piece of clothing?

- Do you like wearing jackets? Why?



1. PLACES IN TOWN



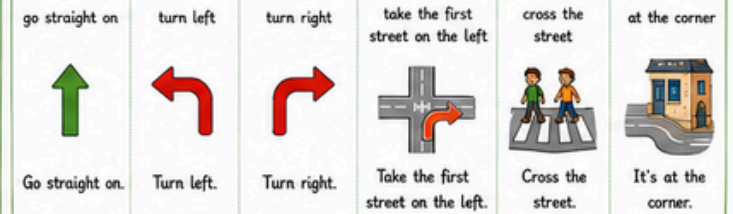
Let's discover
our city!

THE CITY

Vocabulary, grammar
and expressions!

2. GIVING DIRECTIONS

We use these expressions to say how to get somewhere.



3. THE VERB "GO"

We use GO to talk about movement.

I go
You go
He / She / It goes
We go
They go

Examples:

- I go to school.
- You go to the park.
- She goes to the library.
- We go by bus.
- They go on foot.



4. ASKING FOR DIRECTIONS

Asking

- Excuse me!
- Where is the library?
- How can I get to the museum?
- Is it far?
- Is it near?

Answering

- Go straight on.
- Turn left / right.
- It's next to the park.
- It's opposite the bank.
- It's near here.
- It's far.



5. PREPOSITIONS OF PLACE



7. USEFUL EXPRESSIONS

- I live in the city.
- There are a lot of shops in my street.
- There is a supermarket near my house.
- The city is big and busy.
- I like walking in the park.
- It's a beautiful city!



8. PRACTICE TIME!

1. Write the name of each place.



2. Complete with: go / goes.

- I _____ to school.
- You _____ to the park.
- He _____ by bus.
- She _____ to the library.
- We _____ on foot.
- They _____ by train.



3. Match.

- go straight on
- turn left
- turn right
- cross the street



4. Look at the map and answer.



- Where is the school?
- Where is the hospital?
- Where is the post office?

5. Write a short itinerary.

How can I get to the cinema?



9. CHALLENGE!



Describe your route from your home to school.



10. THINK & TALK!

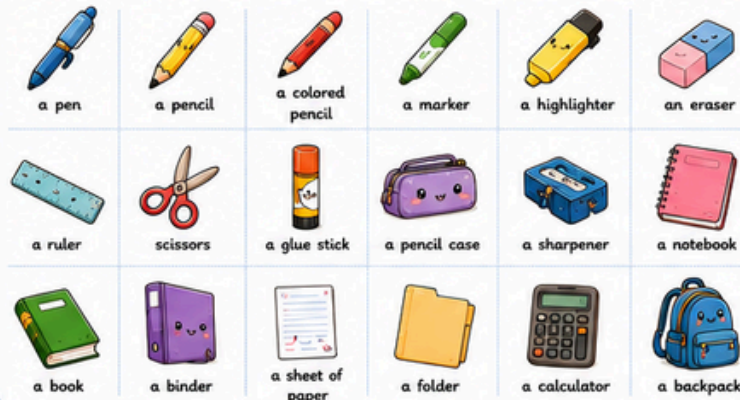


What is your favourite place in the city? Why?

How do you usually go there?



1. VOCABULARY: SCHOOL MATERIALS



3. WHAT IS THIS? - THIS IS...

- ♥ What is this? This is a pencil.
- ♥ What is this? This is a notebook.
- ♥ What is this? This is an eraser.
- ♥ What are these? These are scissors.
- ♥ What are these? These are pencils.

a + consonant
(a pen)

an + vowel
(an eraser)

this is + singular
(this is a pen)

these are + plural
(these are pencils)

6. PLURAL FORM

In English, we usually add **-s** or **-es** to make plurals.

a pen	→	pens	a ruler	→	rulers
a pencil	→	pencils	a marker	→	markers
a book	→	books	a notebook	→	notebooks
an eraser	→	erasers	a pencil case	→	pencil cases

⚠ Attention! scissors, glasses, means (no -s).
Two scissors - Three scissors (not: scissor s)

9. PRACTICE TIME!

1. Write the name of each object.



2. Complete with "am", "is" or "are".

- a) I _____ a student.
- b) You _____ my friend.
- c) He _____ a teacher.
- d) She _____ in the same class.
- e) We _____ good classmates.
- f) They _____ in the library.



3. Complete with "have" or "has".

- a) I _____ a blue pen.
- b) You _____ a new book.
- c) He _____ scissors.
- d) She _____ many pencils.
- e) We _____ a calculator.
- f) They _____ a backpack.



4. Look and answer.



- a) What is on the desk? _____
- b) What is under the desk? _____
- c) What is next to the books? _____
- d) What is in the pencil case? _____

5. Write the plural.

- a) a pen → _____
- b) a book → _____
- c) an eraser → _____
- d) a marker → _____
- e) a pencil case → _____



10. CHALLENGE!



Describe your pencil case in 3 sentences.

- _____
- _____
- _____



11. LET'S TALK!

Talk about your school materials with a classmate.
Ask and answer questions.



2. VERBS "TO BE" AND "TO HAVE"

TO BE (am / is / are)

I	am
You	are
He / She / It	is
We	are
They	are

TO HAVE (have / has)

I	have
You	have
He / She / It	has
We	have
They	have

We use **TO BE**
to say who
someone or
something is.

We use **TO HAVE**
to say what
someone
possesses.

4. COLORS



5. USEFUL EXPRESSIONS

- ♥ I have a pen.
- ♥ You have a blue notebook.
- ♥ He has a green pencil.
- ♥ She has a yellow highlighter.
- ♥ We have markers.
- ♥ They have scissors.
- ♥ I don't have a ruler.

- ♥ Do you have a glue stick?
- ♥ Yes, I do. / No, I don't.
- ♥ What color is it?
- ♥ It's red.
- ♥ What color are they?
- ♥ They are blue.



8. USEFUL QUESTIONS

- ♥ What is this?
- ♥ What are these?
- ♥ Do you have a pencil?
- ♥ What color is it?

- ♥ Where is it?
- ♥ Who has a ruler?
- ♥ How many pens do you have?



1. DAYS OF THE WEEK

Monday	☆
Tuesday	☆
Wednesday	☆
Thursday	☆
Friday	☆
Saturday	☆
Sunday	☆

Examples :

- Today is Monday.
- Tomorrow will be Tuesday.
- Yesterday was Sunday.
- The weekend is Saturday and Sunday.

The week starts on Monday.

3. DATES (DAYS OF THE MONTH)

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31									

Examples :

- Today is the 14th of May.
- My test is on the 20th of June.
- Christmas Day is on the 25th of December.

5. WHAT'S THE WEATHER LIKE?

It's sunny.	It's cloudy.	It's cloudy.	It's raining.	It's raining.	It's snowy.	It's stormy.	It's foggy.

- Examples :
- It's sunny today.
 - It's raining a lot.
 - It's windy and cold.

7. PREPOSITIONS OF TIME

- on + day
- on + date
- in + month
- in + season
- in + year
- at + time
- from ... to ...
- during + period

on Monday
on 14th May
in May
in summer
in 2024
at 8 o'clock
from Monday to Friday
during the holidays

10. YOUR TURN!



THE CALENDAR

Vocabulary, grammar and expressions!

2. MONTHS OF THE YEAR

January	February	March	April	May
June	July	August	September	October
November	December			

Examples :

- My birthday is in May.
- The summer holidays are in July and August.

4. THE YEAR

We write :

2024

We read :

two thousand and twenty-four

Examples :

- We are in 2024.
- She was born in 2015.
- The next Olympic Games will be in 2028.

6. THE SEASONS

Spring	Summer	Autumn	Winter

Examples :

- In spring, it's usually mild.
- In winter, it's cold.

8. HOW TO ASK AND ANSWER?

To ask :

- ♥ What day is it today?
- ♥ What's the date today?
- ♥ What month is it?
- ♥ What year is it?
- ♥ What's the weather like?
- ♥ What season is it?

To answer :

- ♥ It's Monday.
- ♥ It's the 14th of May.
- ♥ It's May.
- ♥ It's 2024.
- ♥ It's sunny.
- ♥ It's spring.

9. USEFUL EXPRESSIONS

- ♥ Today is Monday, 14th May 2024.
- ♥ Tomorrow will be Tuesday.
- ♥ Yesterday was Sunday.
- ♥ It's cold and rainy.
- ♥ I love summer!
- ♥ The summer holidays are in July and August.

1. Write the month that comes before :

Monday → _____
Wednesday → _____
Friday → _____

3. Write the date.

25th December → _____

4. What's the weather like?



5. What season is it?



What's the date today?



1. CLOTHES



CLOTHES

Vocabulary, grammaire
and expressions !

2. ACCESSORIES



Examples :

- I have a hat.
- She wears a scarf.
- He has a blue bag.

3. COLOURS



Examples :

- A red t-shirt.
- A pink skirt.
- A blue sweater.

4. MATERIALS



Examples :

- This sweater is wool.
- This jacket is leather.

5. THE VERB WEAR

- ♥ I wear
- ♥ you wear
- ♥ he / she wears
- ♥ we wear
- ♥ you (plural) wear
- ♥ they wear



6. WHAT IS HE / SHE WEARING?

What is he wearing?



He is wearing
a blue t-shirt,
jeans and
trainers.

What is she wearing?



She is wearing
a floral dress,
a pink cardigan
and pink shoes.

7. SEASONS AND CLOTHES



Examples :

- In summer, I wear shorts.
- In winter, I wear a warm coat.

8. DESCRIBING ADJECTIVES



Examples :

- It's a nice dress.
- It's a big sweater.

9. EXAMPLES

- ♥ Today, he is wearing a green hoodie and jeans.
- ♥ She is wearing a pretty dress and a hat.
- ♥ In winter, he wears a warm coat and a scarf.
- ♥ I love this jacket, it is beautiful !



10. YOUR TURN!

Look and write.



♥ What is he wearing? _____

♥ What is she wearing? _____

1. MEANS OF TRANSPORT



a car



a bus



a bicycle



a motorbike



a train



a subway



an airplane



a ship



a truck



a tram



a scooter



a helicopter

2. WHERE ARE YOU GOING?

I am going...

↑ straight ahead

↶ to the left

↷ to the right

↑ opposite

⬢ at the roundabout



TRANSPORT

Vocabulary, grammar
and expressions!



I AM CAREFUL ON THE ROAD!

3. ROAD SAFETY RULES

To be safe and keep others safe, you must:



look both ways before crossing.



cross at the crosswalk.



wait for the green light.



do not run on the road.



wear a bike or scooter helmet.



be visible at night.



fasten your seatbelt in the car.

Safety is everyone's business! ❤️



4. PREPOSITIONS OF PLACE

in front of



behind



between



next to



far from



near



5. USEFUL EXPRESSIONS

How are you going?



How are you going to the park?



Where are you going?



6. ROAD SIGNS

These signs give us important information.



stop



speed limit



pedestrian crossing



children crossing



bike lane



no entry

7. WHICH MEANS OF TRANSPORT TO CHOOSE?



Is it fast?



I take the train or the plane.



Is it eco-friendly?



I take the bike or the bus.



Is it far?



I take the plane or the train.



Is it near?



I walk or I take the bike.



8. DIRECTION PREPOSITIONS

towards →

I go towards the station.



up to --→

I go up to the school.



across --→

I go through the tunnel.



9. EXAMPLES

♥ I walk to school.

♥ We go to the cinema by bus.

♥ You go to the market by bike.

♥ They go on holiday by plane.



Remember!

We use "by" for means of transport:
by car, by bus, by train...

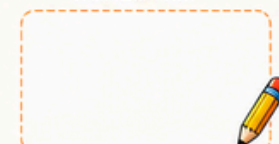
We use "on" for foot or bike, and "to" for a place: on foot, by bike, to school.

10. YOUR TURN!

Look at the picture and answer.

- How are the children going?
- Who is walking?
- Who is on a bike?
- What color is the car?
- What color is the traffic light?

And you, how do you go to school?
Draw and write.



1. CHRISTMAS VOCABULARY



3. THE DATE OF CHRISTMAS

Christmas
is on
December 25th.

DECEMBER							
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

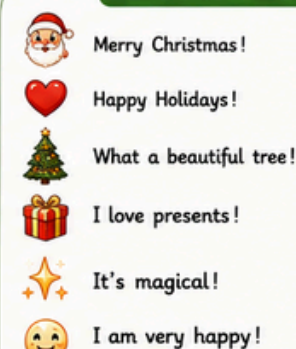
Examples :

- My birthday is on December 24th.
- Christmas is in winter.

CHRISTMAS

Vocabulary, grammar
and expressions! ♥

2. CHRISTMAS EXPRESSIONS



Examples :

- Merry Christmas to everyone!
- We decorate the tree.
- The children open the presents.

4. PREPOSITIONS "IN"

We use "in" to talk about a moment.



Examples :

- We open the presents in the morning.
- Santa Claus works at night.

5. WHAT WE DO AT CHRISTMAS



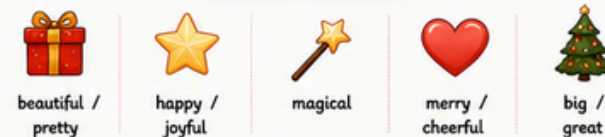
- Examples :
- We decorate the tree with baubles.
 - The children sing Christmas carols.
 - We have a nice meal with the family.

6. PEOPLE IN CHRISTMAS



- Examples :
- Santa Claus brings the presents.
 - The elves help Santa Claus.
 - The Three Wise Men bring gifts.

7. ADJECTIVES



- Examples :
- It's a beautiful present.
 - It's a bright star.
 - Christmas is a magical and joyful holiday.

8. ASKING QUESTIONS



9. EXAMPLES OF SENTENCES

- ♥ Merry Christmas to the whole family!
- ♥ We decorate the tree together.
- ♥ Santa Claus brings presents to the children.
- ♥ We have a nice time with our family.
- ♥ Christmas is my favorite holiday!

10. YOUR TURN!

Look at the picture and answer.

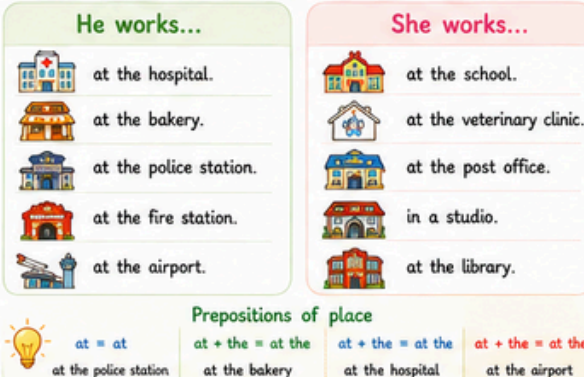
- What can you see?
- What are the children doing?
- What does Santa Claus bring?
- Do you like Christmas? Why?



1. JOB VOCABULARY



2. THE VERB TO WORK



6. TOOLS AND OBJECTS



5. GRAMMAR SUMMARY

To be	He is ... She is ...	He is a teacher. She is an artist.	★
To work	He works... She works...	He works at the school. She works at the veterinary clinic.	♥
Where?	Where does he work? Where does she work?	He works at the bakery. She works at the library.	★
To want to be	I want to be...	I want to be a pilot. I want to be a teacher.	♥

7. EXAMPLES OF SENTENCES

- ★ He is a firefighter. He works at the fire station.
- ★ She is a nurse. She works at the hospital.
- ★ He is a baker. He works at the bakery.
- ★ She is a police officer. She works at the police station.
- ★ I want to be an astronaut when I grow up!



3. THE VERB TO BE

He is...	She is...
He is a doctor.	She is a nurse.
He is a firefighter.	She is a police officer.
He is a baker.	She is a veterinarian.
He is a pilot.	She is an artist.

★ He = a boy / a man
♥ She = a girl / a woman

4. USEFUL QUESTIONS

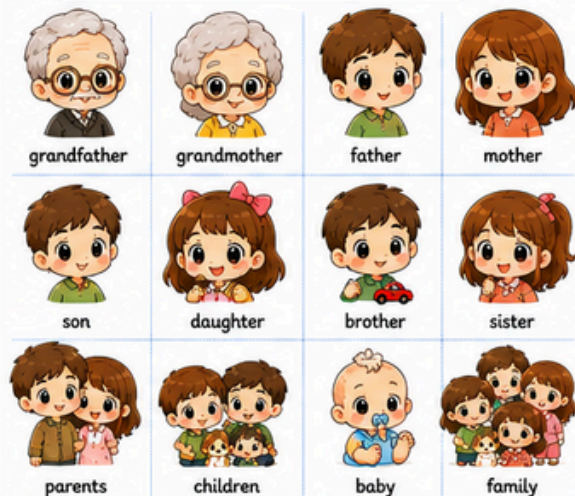
What does he do?	He is a doctor.
What does she do?	She is a nurse.
Where does he work?	He works at the police station.
Where does she work?	She works at the school.
What do you want to do when you grow up?	I want to be a veterinarian!

8. YOUR TURN!

- What does he do?
He is _____.
- Where does she work?
She works _____.
- What do you want to do when you grow up?
I want to be _____.



1. FAMILY VOCABULARY



2. THE VERB "TO HAVE"

I have...



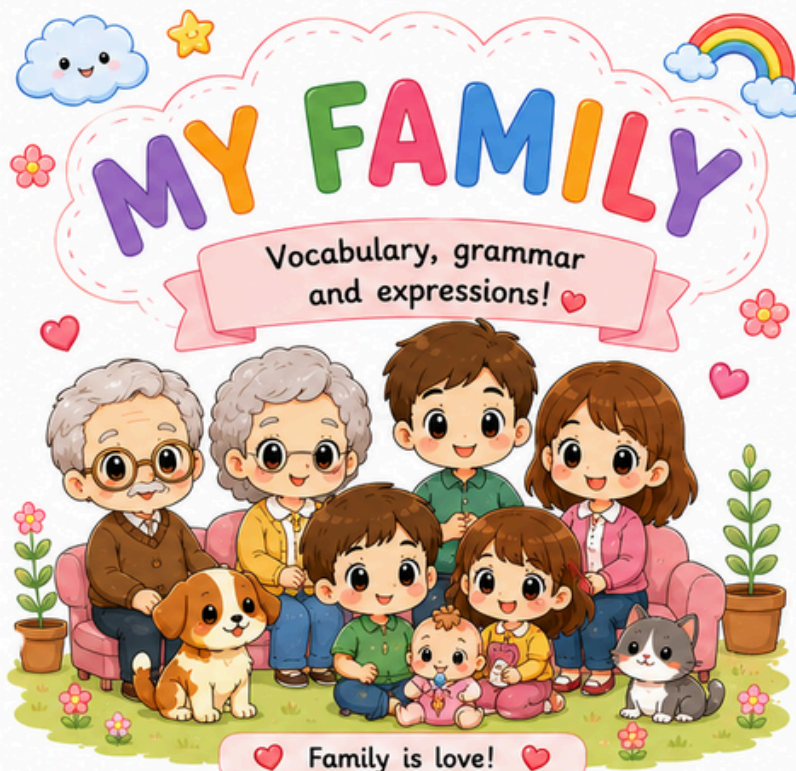
He / She has...



POSSESSIVE ADJECTIVES

my your his her our their
my father → your brother → his sister → her cat → our family → their dog

6. ADJECTIVES TO DESCRIBE PEOPLE



5. GRAMMAR SUMMARY

To be	I am... You are... He / She is...	We are... You are... They are...	★
To have	I have... You have... He / She has...	We have... You have... They have...	♥
Whose?	Whose father is this? Whose dog is this?	It's my father. It's her dog.	★
What...like?	What is he like? What is she like?	He is kind. She is funny.	♥

7. EXAMPLES OF SENTENCES

- ★ This is my family.
- ★ My father is tall and kind.
- ★ My mother is beautiful and helpful.
- ★ I have a brother and a sister.
- ★ We have a dog. His name is Max.
- ★ I love my family very much!



3. THE VERB "TO BE"

He is...



She is...



- ★ He = a boy / a man
- ♥ She = a girl / a woman



4. USEFUL QUESTIONS



8. YOUR TURN!

1. Who is he?



2. Who is she?



3. How many brothers and sisters do you have?



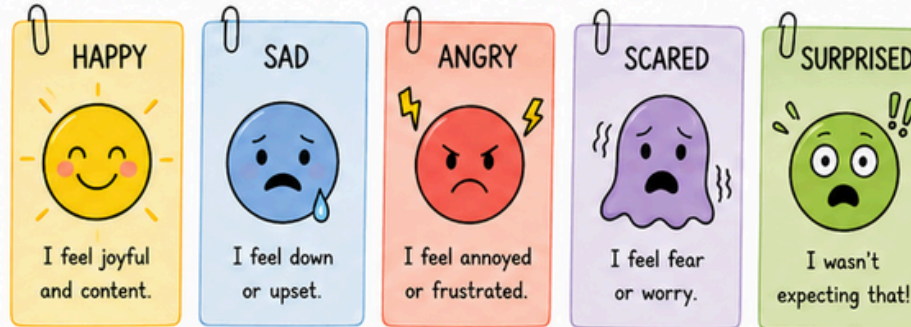
WHAT ARE EMOTIONS?

Emotions are feelings that we experience inside. They help us understand ourselves and what happens around us.



EMOTIONS

HOW DO YOU FEEL TODAY?



WHY ARE THEY IMPORTANT?



They help us understand ourselves.

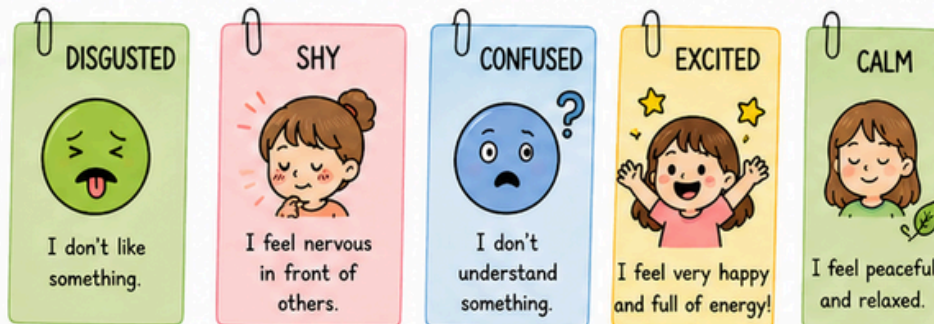


They help us communicate with others.



They help us make better decisions.

MORE EMOTIONS



WHAT CAN I DO?



REMEMBER...



All emotions are okay. It's important to express them in a healthy way.

IT'S OKAY TO FEEL...

- ☒ Happy
- ☒ Sad
- ☒ Angry
- ☒ Scared
- ☒ Confused
- ☒ All of them!

IT'S NOT OKAY TO...

- ☒ Hurt others
- ☒ Make fun of others' feelings
- ☒ Ignore how we feel



WHAT ARE ANIMALS?

Animals are living things.
They can move, eat, grow and have babies.



ANIMALS

WHAT ARE ANIMALS?

FARM ANIMALS



They live on the farm.

PETS



They live in our homes.

WILD ANIMALS



They live in nature.

SEA ANIMALS



They live in the sea.

BIRDS



They have wings and feathers.

WHY ARE THEY IMPORTANT?



They are part of nature.



They give us food (milk, eggs, meat).



They are our friends and companions.



We must take care of them and their homes.

VOCABULARY: ANIMALS



dog



cat



cow



horse



pig



sheep



goat



chicken



duck



rabbit



frog



elephant



giraffe



monkey



lion



tiger



bear



zebra



fox



whale



fish

WHAT CAN I DO?



Be kind to animals.



Give them food and water.



Keep their homes clean.



Never hurt animals.



Learn about them and protect them.

REMEMBER...



All animals are different but all are important.
We should respect and protect them every day.

IT'S OKAY TO...

- ☒ Love animals
- ☒ Help animals
- ☒ Respect their homes
- ☒ Ask for help
- ☒ Learn more
- ☒ Protect nature

IT'S NOT OKAY TO...

- ☒ Hurt animals
- ☒ Tease or scare them
- ☒ Destroy their homes



WHAT ARE SEASONS?

Seasons are the different parts of the year.
There are four seasons: spring, summer, autumn and winter.



SEASONS

WHAT ARE THE SEASONS?

SPRING



It is mild and rainy.
Flowers grow.
Animals have babies.

SUMMER



It is hot and sunny.
We go on holiday.
Days are long.

AUTUMN



It is cool and windy.
Leaves fall from trees.
We harvest food.

WINTER



It is cold and snowy.
Sometimes it freezes.
We wear warm clothes.

WHY ARE THEY IMPORTANT?



They make our planet beautiful and different.



They affect nature, plants and animals.



They influence what we wear, eat and do.



They help keep the earth in balance.

VOCABULARY: THE SEASONS

						
spring	summer	autumn	winter	season	year	weather
						
sunny	rainy	windy	cloudy	snowy	hot	cold
						
flower	leaf	tree	rainbow	snowman	umbrella	scarf

WHAT CAN I DO?



Plant flowers in **spring**.



Go to the beach in **summer**.



Collect leaves in **autumn**.



Make a snowman in **winter**.



Observe changes in nature all **year round**.

REMEMBER...



Each season is special and has something unique.
Let's enjoy them and take care of our planet!

IT'S OKAY TO...

- ☒ Enjoy every season
- ☒ Wear different clothes
- ☒ Try new activities
- ☒ Ask questions
- ☒ Learn about nature
- ☒ Have fun outside!



IT'S NOT OKAY TO...

- ☒ Waste water or energy
- ☒ Litter in nature
- ☒ Hurt plants or animals
- ☒ Pollute our environment



WHAT ARE COLORS?

Colors are all around us!
They make the world beautiful and help us see different things.



COLORS

WHAT ARE THE COLORS?

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE
Red is bright and bold. It can mean love or danger!	Orange is warm and happy. It reminds us of energy and fun!	Yellow is bright like the sun. It makes us feel happy!	Green is the color of nature. It means growth, health and peace.	Blue is calm and cool. It reminds us of the sky and the sea.	Purple is royal and creative. It makes us feel imaginative!

WHY ARE COLORS IMPORTANT?



They make our world beautiful and interesting.



They help us express our feelings and ideas.

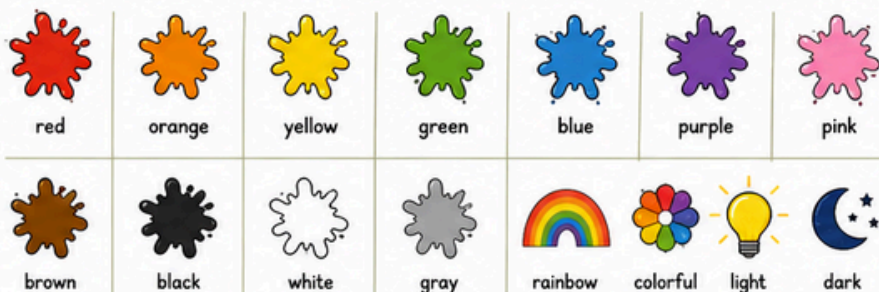


They help us learn and recognize things.



They are used in signs, clothes, art and nature every day.

VOCABULARY: THE COLORS



WHAT CAN I DO?



Paint a picture with your favorite colors.



Find colors in your clothes and toys.



Mix colors and see new ones appear!



Look for colors in nature around you.



Take photos of colors you see every day.

REMEMBER...



Every color is special!
When we add colors together, we can create new colors.
Let's enjoy colors and make the world brighter!



IT'S OKAY TO...

- ☒ Use colors in your art
- ☒ Share your colors
- ☒ Be creative and try new things
- ☒ Enjoy the beauty around you
- ☒ Ask questions and learn
- ☒ Be kind and respectful



IT'S NOT OKAY TO...

- ☒ Make fun of others' choices
- ☒ Waste or ruin art supplies
- ☒ Draw on things that aren't yours
- ☒ Ignore or hurt others



STOP!

WHAT ARE NUMBERS?

Numbers help us count, measure, order and solve problems every day. They are all around us!



NUMBERS

WHAT ARE THE NUMBERS?

1 one 	2 two 	3 three 	4 four 	5 five 
6 six 	7 seven 	8 eight 	9 nine 	10 ten 

WHY ARE NUMBERS IMPORTANT?

123

They help us count and keep track of things.



They help us measure length, weight and time.



They help us use money and tell the time.



They help us solve problems in school and in life.

VOCABULARY: NUMBERS

zero	one	two	three	four	five	six	seven	eight	nine	ten
0	1	2	3	4	5	6	7	8	9	10
plus	minus	equals	more	less	count	order	total			
+	-	=	>	<	1,2,3...	1 st ,2,3 rd	= 10			

WHAT CAN I DO?



Practise writing numbers.



Count objects around you.



Put numbers in order.



Solve simple number problems.



Use numbers in everyday life!

REMEMBER...



Numbers are useful and important every day! The more we practise, the better we get!



IT'S OKAY TO...

- ☒ Make mistakes
- ☒ Ask for help
- ☒ Practise every day
- ☒ Learn at your own pace
- ☒ Try your best
- ☒ Have fun with numbers!



IT'S NOT OKAY TO...

- ☒ Laugh at others' mistakes
- ☒ Give up too easily
- ☒ Say "I can't"
- ☒ Cheat or copy
- ☒ Be unkind



WHAT ARE SPORTS?

Sports are physical activities that we do for fun, to stay healthy and to improve! They are all around us!



SPORTS

WHAT ARE SPORTS?



WHY ARE SPORTS IMPORTANT?



They help us stay healthy and fit.



They make us happy and help us have fun.



They teach us to respect others and work as a team.



They help us build confidence and achieve our goals.

VOCABULARY: SPORTS



WHAT CAN I DO?



Learn the names of sports.



Talk about the sport you like.



Describe your favourite sport.

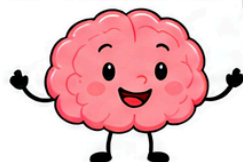


Say what you like or don't like.



Encourage others and be a good team player!

REMEMBER...



Sport is about having fun, taking care of your body and mind and doing your best! The most important thing is to enjoy it!



IT'S GOOD TO...

- | | |
|---|--|
| ☒ Play sport regularly | ☒ Follow the rules |
| ☒ Drink water | ☒ Encourage your friends |
| ☒ Warm up before exercise | ☒ Do your best |
| ☒ Try new activities | ☒ Rest after exercise |



IT'S NOT GOOD TO...

- | |
|--|
| ☒ Laugh at others |
| ☒ Give up too easily |
| ☒ Say "I can't" |
| ☒ Cheat or not play fair |
| ☒ Forget to drink water |



STOP!

WHAT ARE JOBS AND PROFESSIONS?

Jobs and professions are the work that adults do every day to help others and make our world a better place!



JOBS AND PROFESSIONS

WHAT ARE JOBS AND PROFESSIONS?



WHY ARE JOBS IMPORTANT?



They help us stay healthy and safe.



They make our lives easier and more enjoyable every day.



They teach us to respect others and work well in a team.



They give us challenges and help us achieve our dreams!

VOCABULARY: JOBS AND PLACES OF WORK



WHAT CAN I DO?



Learn the names of jobs.



Talk about the jobs from your family or friends.



Draw the job you would like to do when you grow up.

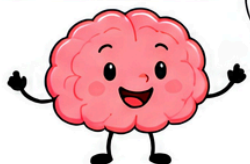


Imagine what you would do in that job.



Write a sentence about a job.

REMEMBER...



Every job is important and useful!
There is no small job when it is done with passion and kindness.



IT'S GOOD TO...

- ☒ Be kind and respectful
- ☒ Say thank you
- ☒ Be curious and ask questions
- ☒ Work hard and try your best
- ☒ Follow the rules
- ☒ Be organised
- ☒ Help when you can
- ☒ Believe in yourself



IT'S NOT GOOD TO...

- ☒ Laugh at other people's jobs
- ☒ Say "it's not a real job"
- ☒ Not respect the rules
- ☒ Be lazy
- ☒ Not help your team
- ☒ Give up too easily



STOP!

WHAT IS HALLOWEEN?

Halloween is a fun celebration on **31st October**. People dress up in costumes, have parties and go trick-or-treating! It's spooky and fun!



HALLOWEEN

WHAT CAN YOU SEE AT HALLOWEEN?

a pumpkin
(jack-o'-lantern)



a ghost



a witch



a bat



a spider



a black cat



a skeleton



a vampire



a mummy



Frankenstein



a haunted house



candy



WHY IS HALLOWEEN IMPORTANT?



It is a fun tradition that brings people together.



It lets us be creative with costumes and decorations.



It helps us learn about different cultures and old traditions.



It is a time to have fun, share and enjoy special moments.

VOCABULARY: HALLOWEEN WORDS

costume



mask



broom



cauldron



candle



grave



skull



moon



cobweb



boo!



to dress up



to decorate



to carve



to trick-or-treat



to scare



to enjoy



WHAT CAN I DO?



Carve a pumpkin.



Dress up in a costume.



Go trick-or-treating with your friends.

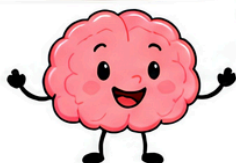


Decorate your house.



Have a Halloween party!

REMEMBER...



Halloween is about having fun, being kind and safe. Be respectful, brave in a fun way, and always look after yourself and others!

IT'S GOOD TO...

- ☒ Be kind to everyone
- ☒ Share your sweets
- ☒ Look after your friends
- ☒ Say "thank you"
- ☒ Follow the rules
- ☒ Keep safe
- ☒ Use kind words
- ☒ Enjoy and have fun!



IT'S NOT GOOD TO...

- ☒ Be mean or scary to others
- ☒ Take sweets that aren't yours
- ☒ Go to strangers' houses
- ☒ Damage property
- ☒ Stay out too late
- ☒ Forget to be safe



STOP!

WHAT IS THE WEATHER?

The weather is what the atmosphere is like in a place at a given time. It can change many times during the day!



THE WEATHER

WHAT IS THE WEATHER LIKE?

It's sunny.



It's partly cloudy.



It's cloudy.



It's rainy.



It's stormy.



It's snowy.



It's foggy.



It's windy.



It's cold.



It's hot.



It's warm.



It's a rainbow.



WHY IS WEATHER IMPORTANT?



It helps us choose the right clothes.



It helps us plan our activities.



It helps farmers look after their crops.



It is important for transport and travel.



It helps us stay prepared and safe.

VOCABULARY: WEATHER WORDS

sun



cloud



rain



snow



storm



wind



fog



rainbow



degrees (°)

°C

thermometer



temperature

18°C

humid



dry



forecast



change



today

TODAY

WHAT CAN I DO?



Take an umbrella when it's rainy.



Wear warm clothes when it's cold.



Drink water and protect yourself from the sun.

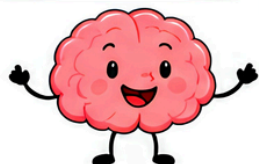


Enjoy outdoor activities when the weather is nice.



Have fun, whatever the weather!

REMEMBER...



The weather can change, but every day is a new opportunity to do something amazing!

IT'S GOOD TO...

- ☒ Check the weather forecast.
- ☒ Dress for the weather.
- ☒ Be careful in storms.
- ☒ Look after nature.
- ☒ Stay hydrated.
- ☒ Enjoy every day!



IT'S NOT GOOD TO...

- ☒ Ignore the weather forecast.
- ☒ Go out without protection.
- ☒ Waste water.
- ☒ Leave litter in nature.
- ☒ Complain about the weather all the time.



STOP!