

The Keys to a Healthy Lifestyle

Lesson 24
Grammar Station (2)



GRAMMAR LEAD-IN

Can you find the mistake in each sentence below?

I have to make an exercise plan for me.

He can improve his health by taking care of him.

You need to take care of you by eating well and exercising regularly.



GRAMMAR LEAD-IN

Check the corrections. What do we call the highlighted words? When do we use them?

I have to make an exercise plan for myself.

He can improve his health by taking care of <u>himself</u>.

You need to take care of yourself by eating well and exercising regularly.

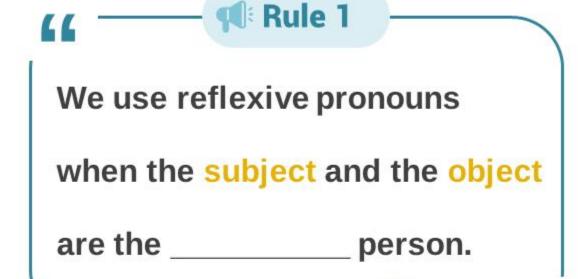
Reflexive Pronouns

Finish the exercise and figure out the rule.

Try First

Fill in the blank with the correct reflexive pronoun.

- I hurt _____ (my) when I fell off my bike.
- She bought _____ (her) a new outfit for the party.
- He was so proud of _____(him) for completing the marathon.
- 4. They blamed _____ (them) for the mistake, even though it wasn't their fault.





Reflexive Pronouns

and keep silent.

Finish the exercise and figure out the rule.



Fill in the blank with the correct reflexive pronoun.

- Help ______to some snacks and be my guest.
- 2. Please enjoy _____ in the party.
- 3. The kids are asked to behave _____

We use reflexive pronouns with some special verbs like help,

and

By oneself

Pay attention to the expression "by oneself".

"By oneself" means doing something alone.

We can also say on (one's) own.

- by myself = on my own
- by yourself = on your own
- by himself = on his own
- by themselves = _____
- by ourselves = ____

Mave a try.

Complete the sentences then rewrite them using "by oneself."

1. I prefer to work on this project by _____, rather than in a group.

2. Sarah achieved success by _____, without any help from others.

Spin the lucky wheel and make a sentence using the reflexive pronoun on the block.



Look at the camera, do an action to yourself, and then describe it (as the example shows).

Example:

Student: I'm pointing to **myself** on the camera.

Teacher: (Student's name) is pointing to himself/herself on the camera.

(Swap roles with your teacher and describe what he/she is doing.)

Other actions: hug, pat, smile, pinch, wink, etc.



Look at these activities below. Discuss whether you can do it by yourself and explain.









play football

meditate

play cards

play volleyball

act in a show

I think I can ______ by myself because ______

I don't think I can ______ by myself because ______

There be and It's

Use "There be" to express that <u>somebody</u> or <u>something exists</u>.

- √ There's a party in Lily's house.
- It's a party at Lily's house.
- √ There are a lot of people on the street.
- It is a lot of people on the street.

Use "It's" to talk about time, weather, and distance.

- √ It's a sunny day here in my city.
- There's a sunny day here in my city.
- √ It's nine o'clock in the morning.
- × There's nine o'clock in the morning.

Mave a try.

Complete each sentence with "there be" or "it's".

- 1. _____ a river behind Tom's house.
- 2. _____ seven o'clock and it's time to get up!
- 3. _____ beautiful girls sitting on the chair.
- 4. _____ one mile from here to my school.
- 5. _____ many students eating at the café.

Check this mail from Janice to Sally. Complete it by filling in the blanks with "there be" or "it is".

•		–
	To:	Sally
	Coole in adv	
	Subject:	Good News
	Hi Cally	
	Hi Sally,	some exciting news that I wanted to share with you! I have been offered a new job at
	a great co	ompany this week, and only about 800 meters from my apartment to the
	office!	super exciting to start this new chapter in my career still some
	details to \	work out, but just a matter of time 11:00 pm now. I shouldn't talk
	more. Anyway, I just wanted to share the good news with you. Can't wait to catch up soon!	
	Voure	
	Yours,	Send
	Janice	Seria

PRODUCTION

■ Fill in the blanks with reflexive pronouns, it's, or there be.

Taking care of _____ and maintaining a healthy lifestyle is essential for us. When we exercise and eat well, we help _____ stay healthy and strong. ____ a variety of activities you can try, such as yoga, swimming, or hiking. When it comes to nutrition, ____ important to fuel ____ with a balanced diet. Choose food that nourishes the body and provides necessary nutrients.







SUMMARY



Reflexive Pronouns (myself, yourself, himself, herself, etc.)

- We use reflexive pronouns when the subject and the object are the same person.
- We use reflexive pronouns with some special verbs like help, behave, and enjoy.
- By (oneself) means do something alone.
 We can also say on (one's) own.

There be / It is

- When we want to express that somebody/something exists, use the sentence pattern: "There + be."
- When we want to talk about time, weather, and distance, use "It's".

