



# Instructional Guide Activities

2025-2026

4th Grade

Unit 3



Distribución Gratuita-Prohibida su Venta



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# The Weather

 Read,  write and  draw.

*\*Watch the weather for a week, complete the chart each day. Write the weather word and draw the symbol for each day.*



sunny



windy



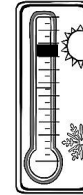
rainy



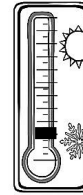
stormy



cloudy



hot



cold

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



# Months of the Year



Read and



write.

*\*Use the calendar to answer each question.*

January							February							March						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29
														30	31					

April							May							June						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

July							August							September						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5						1	2		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28	29	30				
							31													

October							November							December						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

1. How many days are in September?

2. Which is the fifth month of the year?

3. How many Thursdays are in November?

4. Which month has the fewest days?

5. What date follows October 31?

6. How many months have 31 days?

7. What month follows April?

8. What day is August 2?



# Days of the Week



Read and



sing.

*\*The melody you will use is the Addams Family.*



[https://www.youtube.com/watch?v=8GKmCQOy88Y&list=RD8GKmCQOy88Y&start\\_radio=1](https://www.youtube.com/watch?v=8GKmCQOy88Y&list=RD8GKmCQOy88Y&start_radio=1)

## “Days of the Week Song”

//////Days of the Week//////

There's Sunday and there's Monday

There's Tuesday and there's Wednesday

There's Thursday and there's Friday and then there's  
Saturday.

//////Days of the Week//////

/There's Sunday and there's Monday

There's Tuesday and there's Wednesday

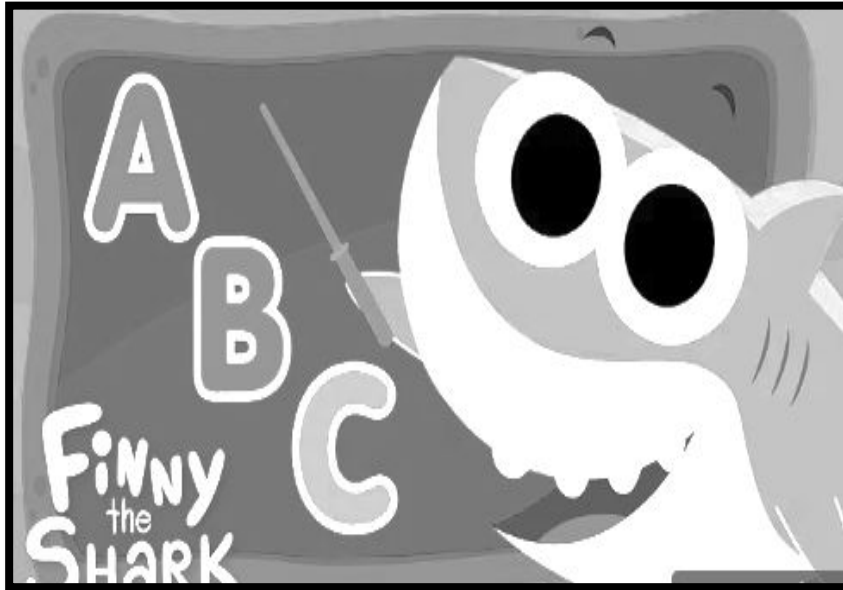
There's Thursday and there's Friday and then there's  
Saturday./

/Days of the Week/



# Alphabet

 Read,  listen,  spell and  sing.



[https://www.youtube.com/watch?v=ccEpTTZW34g&list=RDccEpTTZW34g&start\\_radio=1](https://www.youtube.com/watch?v=ccEpTTZW34g&list=RDccEpTTZW34g&start_radio=1)

## “A, B, C, Song”

A, B, C, D, E, F, G

H, I, J, K,

L, M, N, O, P

Q, R, S, T, U, V

W, X, Y, Z.

Now I know my A B C next time won't  
you sing with me.



# Numbers



Read and



write.

10 ten

40 forty

70 seventy

20 twenty

50 fifty

80 eighty

30 thirty

60 sixty

90 ninety

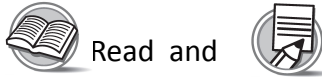
100 one hundred

100 one hundred

100 one hundred

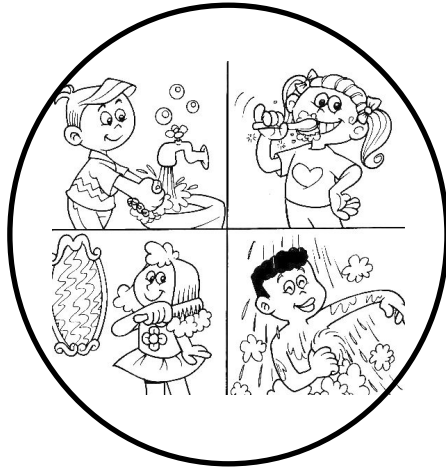


# Health Vocabulary

 Read and write.

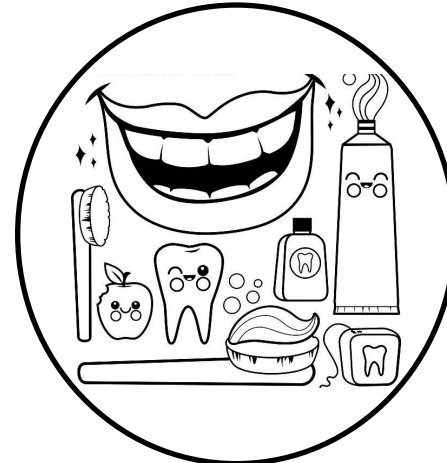
## Word Bank

Good habits – Personal Health – School Health – Oral Health



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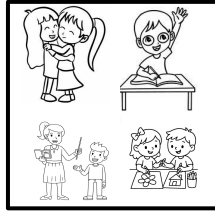
# Habits



Read and



check.



Good habits

Personal Health

School Health

Oral Health



Good habits

Personal Health

School Health

Oral Health



Good habits

Personal Health

School Health

Oral Health



Good habits



Personal Health

School Health

Oral Health



# Healthy Habits

 Read and  write.

1.



2.



3.



4.



5.



6.



## Phrase Bank

Do exercise

Do your homework

Sleep well

Taking out the trash

Take a shower

Wash your hands



# Healthy Habits



Look,



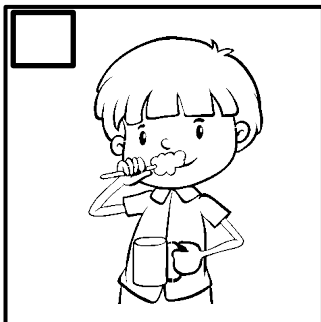
check and



say.

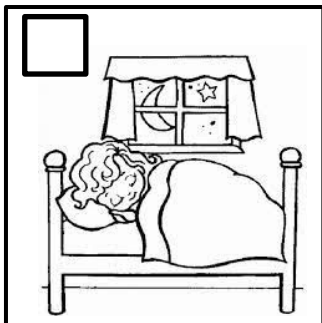
*\*Look at the pictures and check the healthy habits. Then discuss why it is healthy or not.*

1.



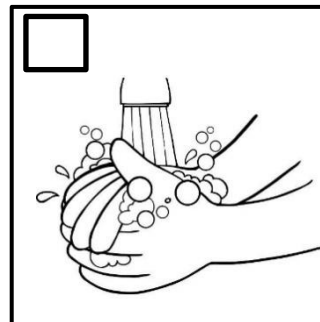
**Brush your teeth**

2.



**Sleep well**

3.



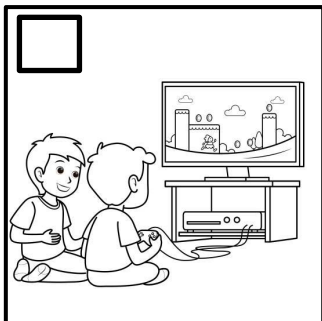
**Wash your hands**

4.



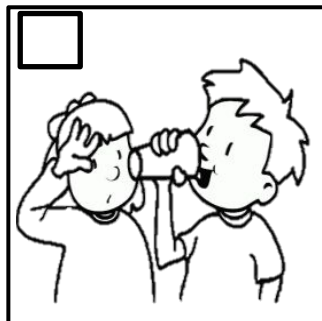
**Eat junk food**

5.



**Watch too much T.V.**

6.



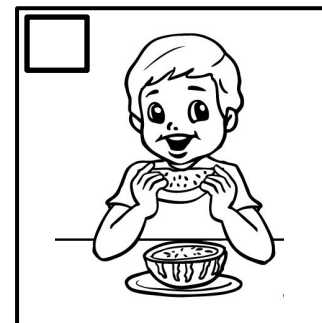
**Drink water**

7.



**Do your homework**

8.



**Eat healthy food**



# Connect Healthy Habits



Read,



match and



write.

1.

Eat



a)

water

e)



\_\_\_\_\_.

2.

Sleep



b)

healthy

f)



\_\_\_\_\_.

3.

Drink



c)

exercise

g)



\_\_\_\_\_.

4.

Do



d)

well

h)




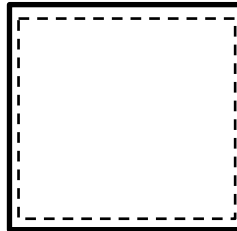
\_\_\_\_\_.




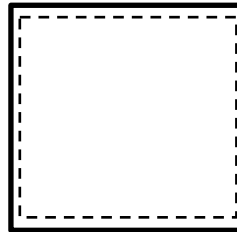
# Promote Healthy Habits

 Read,  cut and  glue.

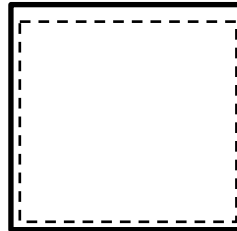
1. Eat  and vegetables.



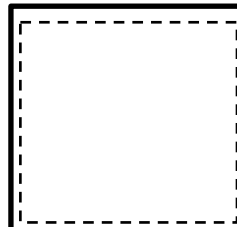
2. Do .



3. Wash your .



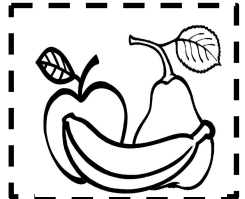
4. Brush your .



## Word and Picture Bank



fruits



teeth

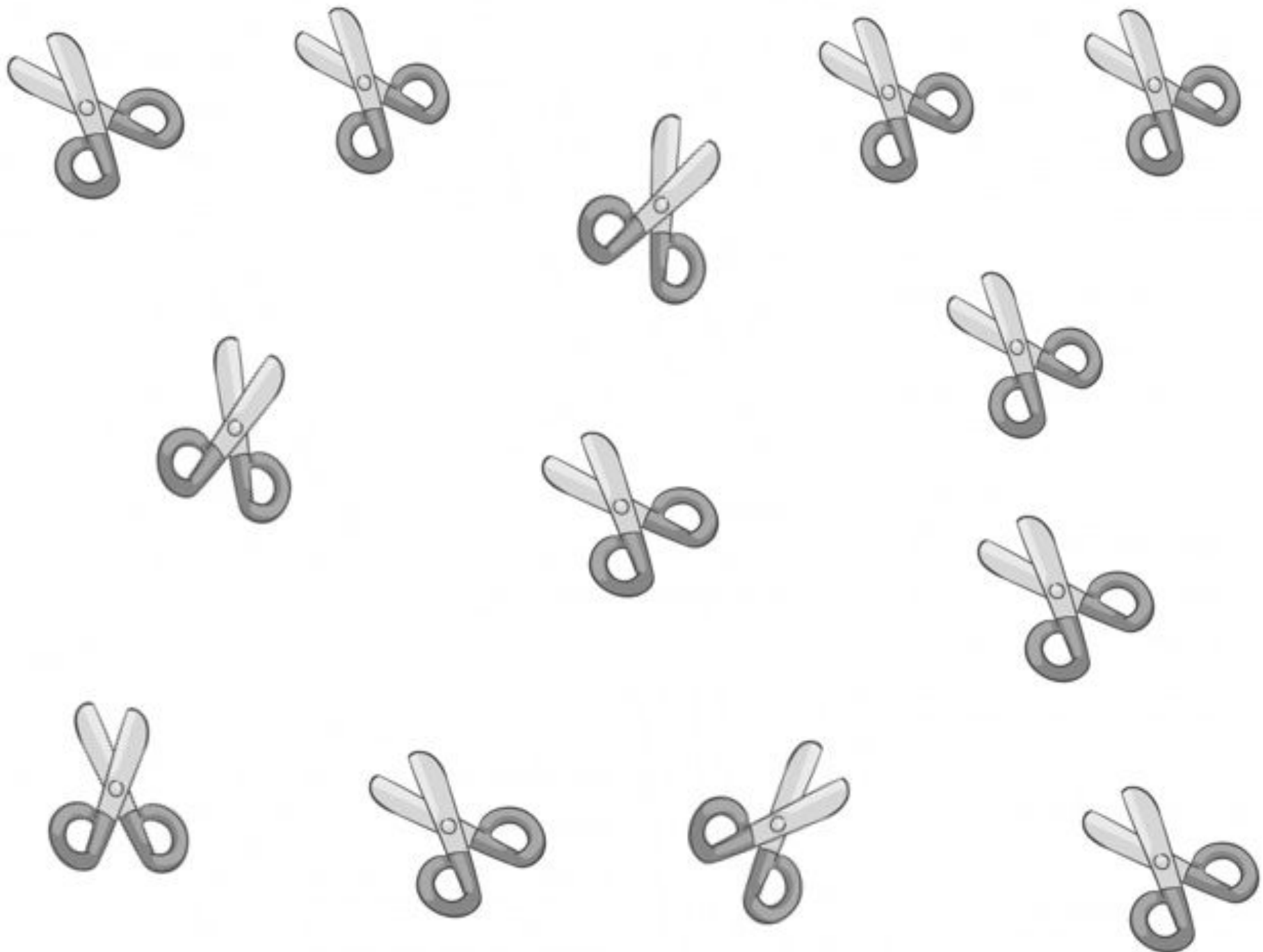


hands



exercise





# Health Care



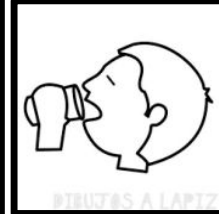
Look,



read and



write.



## My Health Care Habits

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\*Using the Habits Bank and the images above, make your own Health Care Habits leaflet.

## Health Care Habits Bank

- Drink 2 liters of water every day.
- Do exercise.
- Have a bath every day.
- Wash your hands.
- Eat fruits and vegetables
- Sleep early at night.



# Instructions for a Good Health



Look,



read and



write.



**should**



**shouldn't**

1. Children \_\_\_\_\_ eat too many candies because they are bad for their teeth.
2. People \_\_\_\_\_ eat fresh fruit and vegetables every day.
3. You \_\_\_\_\_ eat takeaways and fast food a lot.
4. You \_\_\_\_\_ brush your teeth twice a day.
5. You \_\_\_\_\_ keep eggs in the fridge.
6. Elderly people \_\_\_\_\_ do some exercise to keep them healthy.
7. We \_\_\_\_\_ add a lot of salt in our diet.
8. We \_\_\_\_\_ take a shower every day.
9. You \_\_\_\_\_ eat with dirty hands.
10. You \_\_\_\_\_ wash your hands after you go to bathroom.



# Oral Health



Read and



underline.



**should**



**shouldn't**

1. You (*should/ shouldn't*) brush your teeth only once a day.
2. You (*should/ shouldn't*) eat too many candies.
3. You (*should/ shouldn't*) visit the dentist every week.
4. You (*should/ shouldn't*) use dental floss.
5. You (*should/ shouldn't*) drink water instead of soda.
6. You (*should/ shouldn't*) brush for two minutes.
7. You (*should/ shouldn't*) open things with your teeth.



# Identify Illness



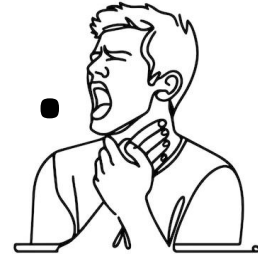
Read and



match.



- I have a headache
- I have a stomachache
- I have a sore throat
- I have a cold
- I have a cough
- I have fever
- I have an earache



# Symptoms



Read and



write.

## Word Bank

headache - stomachache - sore throat - cold - fever - earache

1. He is suffering from a:

\_\_\_\_\_.



4. My face swell up with

the: \_\_\_\_\_.



2. I ate too much and got a terrible:

\_\_\_\_\_.



5. He has watery eyes and runny nose.

He has a:

\_\_\_\_\_.



3. I have a \_\_\_\_\_

which makes speaking difficult.



6. I feel bad, I have high fever, eye redness and

muscle pains, I think I have:

\_\_\_\_\_.



# Problems and Advices



Read and



write.

*\*Write the correct letter in each Health problem.*

1. **Health problem:** he has a cold. \_\_\_\_\_

2. **Health problem:** he has a stomachache. \_\_\_\_\_

3. **Health problem:** he has an earache. \_\_\_\_\_

4. **Health problem:** he has a toothache. \_\_\_\_\_

5. **Health problem:** he has a sore throat. \_\_\_\_\_

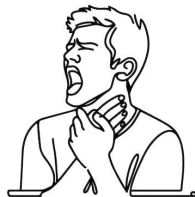
a. **Advice:** you should visit the dentist.

b. **Advice:** you should eat healthy food.

c. **Advice:** you should take an analgesic and ask if you should use ear drops.

d. **Advice:** you should drink lots of water and lemonade.

f. **Advice:** you should wear a mask, rest and finally go to the doctor.



# Health Proverbs



Read and



match.

An apple a day keeps the  
doctor away.

Wash your hands before you eat.  
Keep yourself both clean and neat.

Early to bed, early to rise.  
Makes a person healthy and wise.

Brush your teeth and did you hear?  
See your dentist every year.

Exercise can make you strong.  
It can be fun and won't take long.

You should get  
enough sleep.

You should get  
enough exercise.

You should eat good  
food to stay healthy.

You should wash often  
to stay healthy.

You should take care of  
your teeth.



# Emotions



Read,



write and




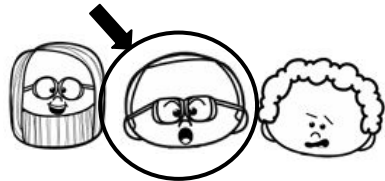
draw.


*\*Look at the faces and write the feeling, then draw it.*

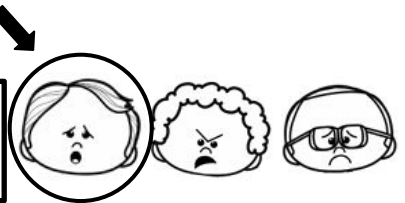
## Word Bank

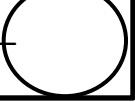
disgusted - happy - sad - angry - scared - surprised

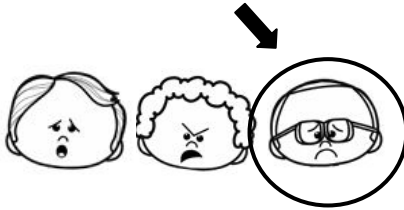
1. I feel \_\_\_\_\_ 



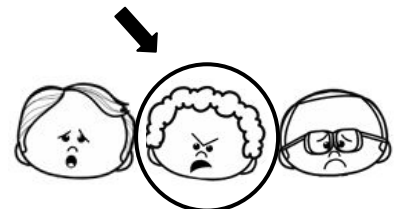
2. I feel \_\_\_\_\_ 



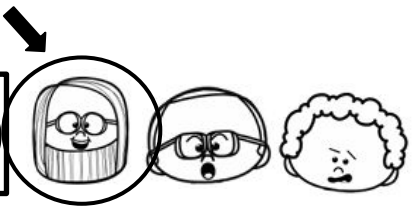
3. I feel \_\_\_\_\_ 



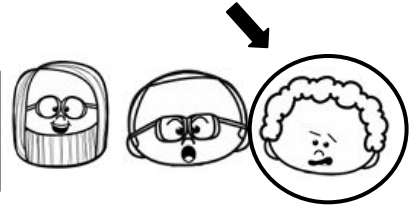
4. I feel \_\_\_\_\_ 



5. I feel \_\_\_\_\_ 




6. I feel \_\_\_\_\_ 




# Emotions & Verb to Be


 Read and write.


VERB TO BE	NEGATIVE	QUESTION
- I am	- I am <b>not</b>	- Am I ___ ?
- You are	- You are <b>not</b>	- Are You ___ ?
- We are	- We are <b>not</b>	- Are We ___ ?
- They are	- They are <b>not</b>	- Are They ___ ?
- He is	- He is <b>not</b>	- Is He ___ ?
- She is	- She is <b>not</b>	- Is She ___ ?
- It is	- It is <b>not</b>	- Is It ___ ?

1. She \_\_\_\_\_ happy. 

2. Is \_\_\_\_\_ sad? 

3. He \_\_\_\_\_ angry. 

4. You \_\_\_\_\_ surprised. 

5. They \_\_\_\_\_ confused. 

You can use verb **to be** to talk about emotions.



# How do you feel...

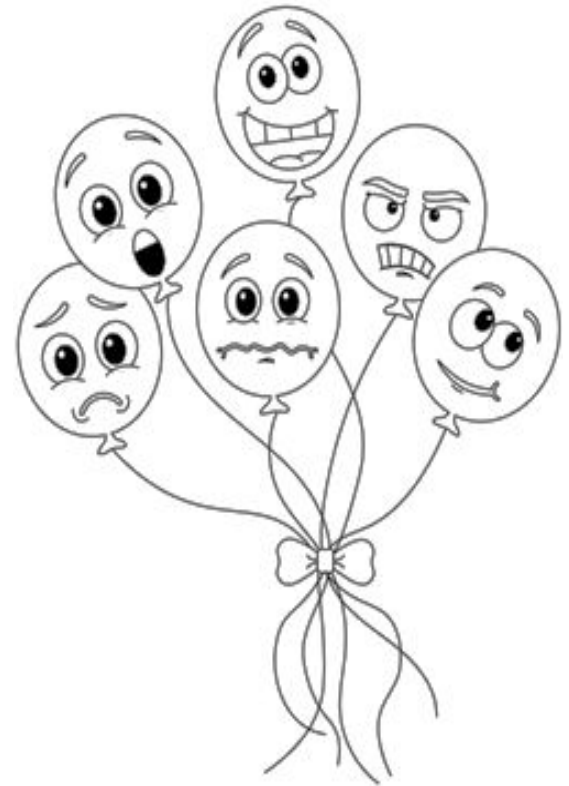


Read and



underline.

1. How do you feel when you lose your pencil?  
a. I feel angry                      b. I feel sad                      c. I feel happy
2. How do you feel when you get a birthday present?  
a. I feel happy                      b. I feel disgusted                      c. I feel angry
3. How do you feel when you see a big spider?  
a. I feel sad                      b. I feel surprised                      c. I feel scared
4. How do you feel when you find a worm in your sandwich?  
a. I feel angry                      b. I feel sad                      c. I feel happy
5. How do you feel when you see fireworks in the sky?  
a. I feel angry                      b. I feel sad                      c. I feel happy
6. How do you feel when someone breaks your toy?  
a. I feel angry                      b. I feel sad                      c. I feel happy



# Let's Talk about Feelings



Read and



write.

## *Luna's Day of Feelings*

Luna woke up early and looked out her window. The sun was shining, and the birds were singing. She felt **happy** because it was her birthday. She smiled all morning.

At school, her best friend Mia didn't say "Happy Birthday" and Luna felt a little **sad**. She thought her friend forgot.

When she walked into the classroom, the lights suddenly turned on and everyone yelled, "SURPRISE!" Luna felt **surprised** and covered her mouth. The class had prepared a big party for her!

Then, Luis brought a mystery snack. Luna tried it and made a funny face because it tasted sour and old. She felt **disgusted**, and everyone laughed kindly.

Later during recess, a loud dog barked at the school gate. Luna felt **scared** and hid behind her teacher, but the dog ran away and everything was fine.

Finally, Luna found out that her little brother broke the birthday card she made. She felt **angry** for a moment, but then he hugged her and said, "I'm sorry." Luna forgave him and felt **happy** again.

That day, Luna learned that **every feeling is important**, and it's okay to feel different emotions.

1. Why did Luna feel *happy* in the morning?

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2. Why did Luna feel *sad* at school?

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3. What made Luna feel *surprised* in the classroom?

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4. What did Luna taste that made her feel *disgusted*?

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5. Why did Luna feel *scared* during recess?

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6. What happened that made Luna feel *angry*?

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# Milo Story



Read,



draw and



act out.

*\*Read and draw the image idea in each space.*

## Scene 1 — HAPPY

**Image idea:** *A smiling child eating breakfast, sun shining.*

**Text:** *Milo woke up early. The sun was bright, and his mom made pancakes. He felt **happy** because it was going to be a great day!*

## Scene 2 — SAD

**Image idea:** *Friends walking away, Milo holding a ball alone.*

**Text:** *At school, Milo wanted to play soccer, but there was no space for him on the team. Milo felt **sad** and looked down at the ground.*

## Scene 3 — SURPRISED

**Image idea:** *Box on desk, Milo opens it with wide eyes.*

**Text:** *\*Suddenly, his teacher called him and handed him a mysterious box. Milo opened it and felt **surprised** — inside was a shiny *Best Helper Badge!**

## Scene 4 — ANGRY

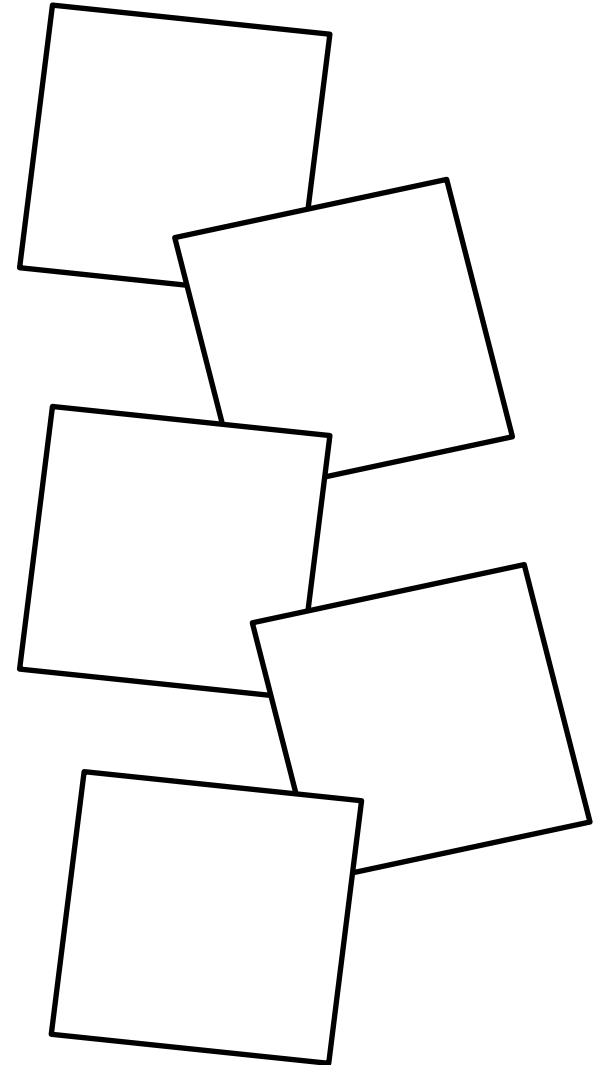
**Image idea:** *Broken toy on the floor. Milo frowning.*

**Text:** *When he arrived home, he found his favorite toy broken. Milo felt **angry** and crossed his arms tightly.*

## Scene 5 — HAPPY AGAIN (Resolution)

**Image idea:** *Mom hugging Milo while fixing the toy.*

**Text:** *His mom hugged him and said, "Some days are hard, but feelings help us learn." She fixed his toy and Milo felt **happy** again.*



# Clothesline of Emotions



Think,



draw and



write.

*\*Create your own clothesline of emotions and decisions (comic strip, story, poster or photographs).*

A clothesline activity template. A horizontal line is drawn across the page. Four clothespins are attached to the line, each holding a rectangular card. Below each card are five horizontal lines for writing.



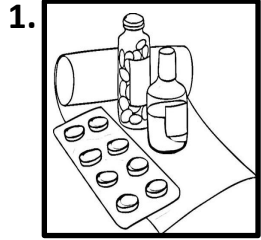
# Remedies Vocabulary



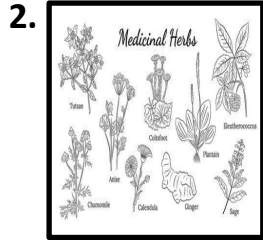
Read and



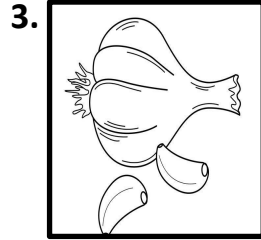
say .



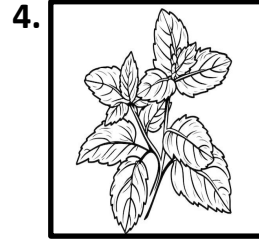
medicine



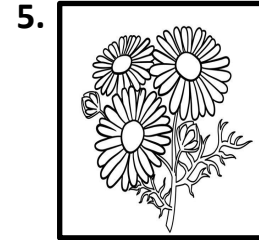
medical plants



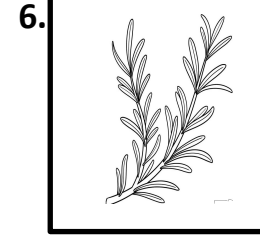
garlic



mint



chamomile



rosemary



Alphabet order and



write.

*\*Write the remedies vocabulary in alphabetical order.*



oregano

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_



lavender



# Personal Remedies



Read,



think and



write.

**Example:**

1. What can you use when you have a headache.

*I use lavender*

\_\_\_\_\_.

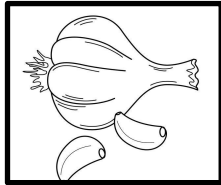


2. What can you use when you have a stomachache

\_\_\_\_\_.

3. What can you use when you have a cold.

\_\_\_\_\_.

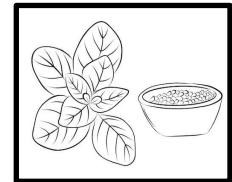
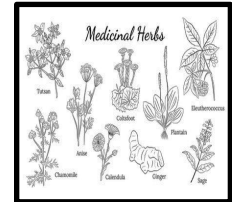


4. What can you use when you have a toothache.

\_\_\_\_\_.

5. What can you use when you have a sore throat

\_\_\_\_\_.



# Doctor Appointment



Read and



act out.

*\*Students act out the conversation, then they will repeat the conversation changing the illness (and the advice) (**headache, cold, fever, stomachache**).*

**Patient:** Hello, doctor. I don't feel well.

**Doctor:** What's the problem?

**Patient:** I have a **sore throat**.

**Doctor:** Oh, I'm sorry. You **will** drink hot tea and rest.

**Patient:** Will I go to school tomorrow?

**Doctor:** No, you **will** stay home and sleep.

**Patient:** Thank you, doctor.

**Doctor:** You're welcome. You **will** feel better soon.



# Table Remedies



Read and



draw.

*\*With your classmates, think and draw some remedies for each illness.*

<b><i>Illnesses</i></b>	<b>Headache</b>	<b>Stomachache</b>	<b>Sore throat</b>	<b>Fever</b>	<b>Cold</b>	<b>Toothache</b>
<b><i>Remedies</i></b>						



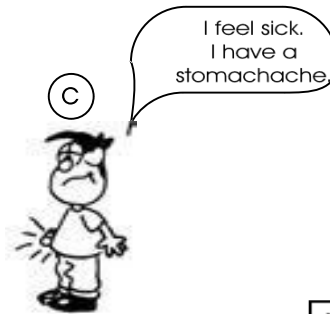
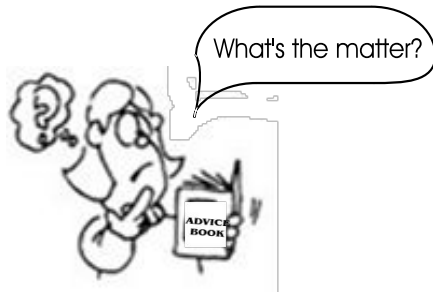
# What's the matter?



Read and



complete.



You should...

- stay in bed and call the doctor.
- not eat too much.
- take an aspirin.
- not drink cold things.
- stay at home and drink hot lemonade with honey.





# The Magic Mint Tea



Read and



underline.



## Story: The Magic Mint Tea

Mia woke up early on Monday morning with a strong headache. She had studied a lot for her math test the night before and her head felt tired and heavy. She sat at the kitchen table and put her head in her hands.

Her mom walked in and saw her. “What’s wrong, Mia?” she asked kindly. “My head hurts so much,” Mia whispered. Her mom smiled gently. “I know something that can help. Let’s make mint tea.”

They went to the backyard where a small mint plant grew in a pot. The leaves were bright green and smelled fresh. Mia picked a handful of mint and washed the leaves carefully. Her mom boiled a cup of water and poured it over the mint leaves. “We will wait a few minutes,” she explained. “Mint helps relax your head.” Mia watched the steam rise from the cup. The kitchen began to smell clean and refreshing.

After five minutes, Mia took her first sip. “Mmm... this tastes nice,” she said. She finished the tea slowly. A few moments later, she smiled and stood up. “My headache feels much better!” Mia said happily. Her mom hugged her. “Sometimes nature gives us the best medicine.” Mia grabbed her backpack, ready for school, grateful for the magic mint tea that made her feel strong again.

	TRUE	FALSE
1. Mia woke up with a headache.	T	F
2. Mia’s headache started because she played soccer.	T	F
3. Mia’s mom helped her make mint tea.	T	F
4. They used fresh mint leaves from the backyard.	T	F
5. Mia didn’t like the taste of the tea.	T	F
6. Mint tea helped Mia feel better.	T	F
7. Mia stayed home and didn’t go to school.	T	F
8. Mia was grateful for the natural medicine.	T	F



# Feelings Chart



Read and



write.

*\*Read and fill out the chart with your own information.*

Illness	How do you feel?	Why?
<i>Headache</i>	<i>sad</i>	<i>I can't study</i>



