

Healthy habits R/E



In this package, you will practice how to mediate at the doctor's. You will also explore the idea of "digital detox" and discover healthy habits outside of the digital world. In addition, you will learn the difference between the present progressive and the simple present and how to use them correctly.

All necessary vocabulary can be found at the end of the package.



Vocabulary revision M standard:

Watch the **two videos** to

a) repeat some **health vocabulary** from "At the doctor's" (Health M)

b) listen to a typical **conversation** „At the doctor's“.



[a\) repetition](#)



[b\) conversation](#)