

# Do Something Wholesome

## The Environment

**Kickoff:** Read the definition of “wholesome” and answer the question.

A wholesome activity is a nice activity which is likely to improve your life physically and/or mentally.

Q. What wholesome things have you done recently?

**Vocabulary:** Match the pictures to the wholesome activities below.



do some volunteer work	do up some old clothes	make things from recycled objects	salvage and restore some old furniture	plant your own vegetable patch	go litter picking
------------------------	------------------------	-----------------------------------	--	--------------------------------	-------------------

**Word Focus:** Match the use of the word ‘get’ in each case to its meaning.

obtain	have the chance to	go	becomes	buying	taking/catching
--------	--------------------	----	---------	--------	-----------------

1. You get to meet a lot of people.
2. If it goes well, you can get fruit and vegetables to use in your cooking.
3. Instead of getting the bus, you could walk to work and do it on the way.
4. You can make a nice purse instead of getting one at the shops.
5. It’s a fun activity to do when the weather gets nice.
6. It’s a great way to get outdoors as a family.

**Speaking I:** Now, match the sentences to the activities from the introduction.

You might match some sentences with more than one activity. Give reasons for each one.

**Speaking II:** Read and answer the questions.

1. Have you ever done any of the activities shown above?
2. Why do you think these activities are described as “wholesome”?
3. What other benefits do they have?
4. Do you consider these activities to be fun?
5. What other activities would you add to the list?