



Level 2 Activity Book

CDETБ

An Bord Oideachais agus Oiliána Chathair Bhaile Átha Cliath
City of Dublin Education and Training Board

**CDETБ Level 2 Modules designed by
Lisa O' Connor, Brona Cousins & Martha Young 2020**

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Section 1: Skills for Life

How do I feel?

I feel



Image 1

Fill in the words from the pictures above that fit these sentences

sleepy

happy

hungry

When I am _____ I go to bed.

When I get a present, I am _____.

When I am _____ I eat my dinner.

Body Language

Our face shows how we feel

What do these faces say?



happy



Image 2

sad



playful

When I smile, I am _____.

I feel sad when I hear a _____ story.

When I am telling a joke I am _____.

Our body shows how we feel



Image 3

Upset

Happy

Sad

Excited

What am I good at?

Tick as many of these as you like

Listening



Image 4

I love to listen

to music ____

to birds ____

to my tutor ____

to the radio ____

to my family ____

to my friends ____

most of all I like to listen to

Speaking



Image 5

I like to speak

to my teacher ____

to my family ____

to my friends ____

to my classmates ____

to everyone ____

Most of all I like to speak to

Singing



Image 6

I love to sing,

Old songs ____

New songs ____

Learning



Image 7

I like learning about new things

I like learning how to make things ____

I like learning how to cook ____

I like learning new topics ____

Most of all I like learning about



Image 8

Exercising

I exercise and keep fit by

walking ____

running ____

cycling ____

swimming ____

doing yoga ____

dancing ____

Most of all I love to



Image 9

Using my Phone

I like to use my phone to

text ____

speak ____

take photos ____

look up things on the internet ____

Most of all I like to use my phone to

Cooking



Image 10

I like to cook

dinners ____

soups ____

new recipes ____

Most of all I like to cook

Baking

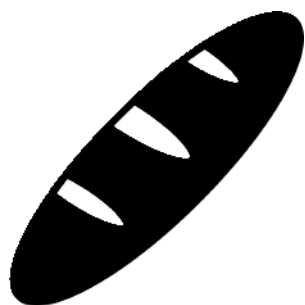


Image 11

I love to bake

Bread ____

Cakes ____

Biscuits ____

Most of all I love to bake

Add the correct words to the sentences below.

dancing

baking

learning

- a) I like to dance, so I am good at _____.
- b) I like to bake, so I am good at _____.
- c) I like to learn new things, so I am good at _____.

Fill in the missing words

cook

garden

sing

bake

dance

paint

I can s_____, I am good at singing.

I can d_____, I am good at dancing.

I can c_____, I am good at cooking.

I can b_____, I am good at baking.

I like planting flowers in the g_____, I am good at gardening.

I can p_____, I am really good at painting.

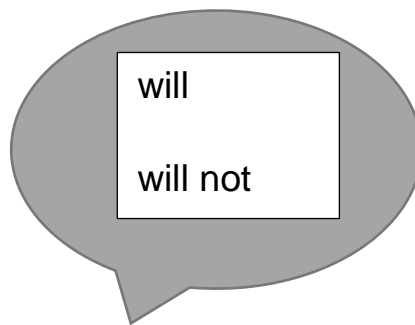
I would like to learn how to _____.

My Listening Skills

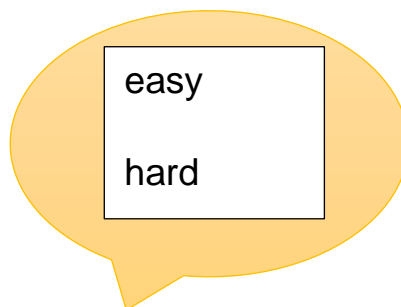
Fill in the blank space with the word that suits your skills.



When my teacher speaks, I find it _____ to listen.



Sometimes I, _____ ask questions in class.



I find it _____ to understand, when my teacher speaks in class.

Complete the following words

music

phone

song

I listen to m _ _ _ _

I like to sing a s _ _ _

I like to listen to music on my mobile p _ _ _ _

Me and my Life

My friends would say that I am

honest	patient	kind	fair
caring	fun	loving	calm
happy	strong	loyal	caring

Fill in the words from the list above that describe you.

I am _____

Fill in the blank spaces with one of the following words



When people give to other people they are being k_____.

I am always h_____ when I see the sunshine.

L_____ friends will never let you down.

The five senses

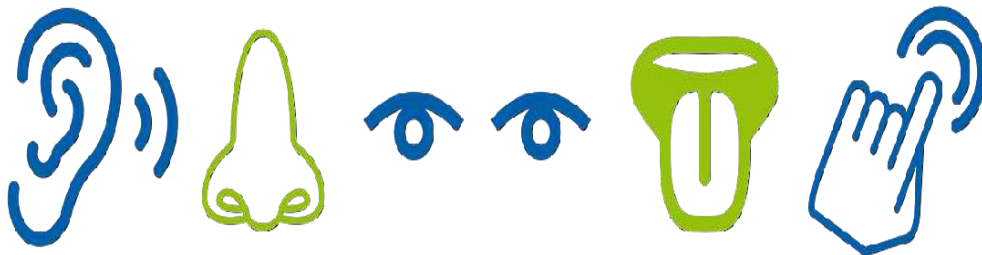


Image 12

When I want to hear a song, I must listen.

When I cook, I can smell the food.

When I want to see my friends, I use my sight.

When I eat dinner with my family, I taste my food.

When I want to feel a kitten's fur, I need to touch it.

Add the following word to the sentence below

touch

taste

smell

hear

sight

I love the _____ of fresh bread and flowers.

My favourite _____ is chocolate and crisps.

I like to _____ furry toys and puppies.

I love to _____ the sound of the waves. It is my favourite sound.

I love the s_____ of children playing in the playground.

Fill in the missing letters.

ears

nose

eyes

tongue

skin

I listen with my e_____.

I smell with my n_____.

I see with my e_____.

I taste with my t_____.

I feel with my s_____.

Section 2: Staying at Home

Why You Need a Routine

It might sound boring, but we need routines!

The day can just slip through our fingers at home and we are left wondering where the time has gone! Now is a good time to write a daily plan and start new habits. Routines are good for our mental health.

1. Complete the sentences below;

worry

not

help

write

routine

give

- a) Not knowing what we are doing next can cause stress and
w_____.
- b) Routine helps us to do those things that are good for us such as
exercise. If it's part of our r_____, we don't think about it
we just do it!
- c) Good routines h_____ you to get important things done.
- d) Routines g _____ us a sense of security and purpose.
- e) W_____ down your routine and stick it on the fridge.
- f) Change things that do n_____work for you!

Setting a Routine

See examples below:

Write a routine for yourself. Below is a list of things you could include in your routine:

Image13



- Meal planning

- Exercise

- Learning

- Hygiene routine

- Relaxation techniques

- Meditation

- Hobbies, e.g. cooking, baking, painting Listening to music

- Watching TV

- Contacting others

- Fresh air

- News, staying informed

Image 14



(Tearney, 2020)



Image 15

Remember! You can change your routine if it's not working for you!!

Look at this example of a daily routine

- 9 am Hygiene routine
- 9.45 am Breakfast
- 10 am News
- 10.15 am Exercise, fresh air
- 11.15 am Learning
- 1 pm Lunch, fresh air
- 1.30 pm Learning
- 2.30 pm Contact others
- 3 pm Learning
- 4 pm Relaxation technique, fresh air
- 4.30 pm Prepare and have dinner
- 6 pm Watch TV, listen to music
- 7pm Meditation, fresh air
- 8.30 pm Hobbies / chill out

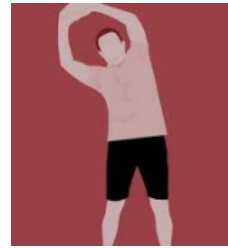


Image16



Image17

Creating new Routines – Fill in the missing letters

Creating ne__ routines can be hard, but they wil__ help y__u to stay healthy. It can b__ hard to remember to take c__re of yourself when you're worried. You could be worried about your hea__th and that of your fa__ily. You could also be worried about p__ying your household bills. While things in your life can fe__l a little off, you can help yourself by setting a new routi__e.

Look at the list above and write up your own daily planner on the next page!

Daily Routine Planner

<u>Time</u>	<u>To do List</u>

A Routine Exercise!

Read the sentences below. Tick True or False beside each sentence.

	True	False
1. Having a routine help you plan your day	—	—
2. Having a routine help your stress levels	—	—
3. Having a routine help your mental health	—	—
4. A routine has a bad effect on your health	—	—
5. A routine can have a bad effect on your sleep	—	—
6. Having a hobby is not good for you	—	—




Image 18

Work out a routine for yourself!

What is important for you in your daily routine? Pick from the list below or you can add to the list something that you like to do!

Walking

Cleaning

Preparing your meals

Fresh Air

Reading

Keeping in touch with friends

Cooking

Watching TV

Learning new things

1. _____

2. _____

3. _____

4. _____

5. _____

Check on your mood today

How are you feeling today?

- I feel;



- If you are feeling a little off today is there anything you can change in your routine to make you feel better?

Remember! You can change your routine if it's not working for you!!

Section 3: Rest and Relaxation

The Mind



Image 19

It is important to relax the mind and body.

Being relaxed can help ease stress. It can also relieve anxiety, depression, and sleep problems. To relax means to calm the mind, the body, or both. Relaxing can quiet your mind and make you feel peaceful and calm.

Fill in the missing letter in each of the sentences below to complete the word

stress, peaceful, calm

1. Being relaxed can help ease stress__.
2. To relax means to __alm the mind, the body or both.
3. Relaxing can quiet your mind and make you feel __eaceful and calm.

There are many ways to Relax!

Nature
Walking the dog
Walking
Hill walking
Having a warm bath
Knitting
Painting
Baking
Cooking



Image 20

The mind and body work very hard every day. How do you relax?

I like to relax by

Why do we need to rest?

Rest and relaxation reduces stress and improves overall health. It improves your focus. An active mind gets tired just like an active body. Include time to quiet your thoughts and let your mind **rest** is part of the healing process.

Fill in the missing letters in the sentences below.

1. Rest and relaxation reduces stress_____ and improve_____ overall health.
2. An active mind gets tired_____ just like an active body_____.

How do you relax your mind and body?

Try the following.

1. Take slow deep breaths.

Close your eyes and sit somewhere quiet and take deep breaths in through your nose. Breathe out through your mouth.

When you inhale, you breathe in. When you exhale, you breathe out.

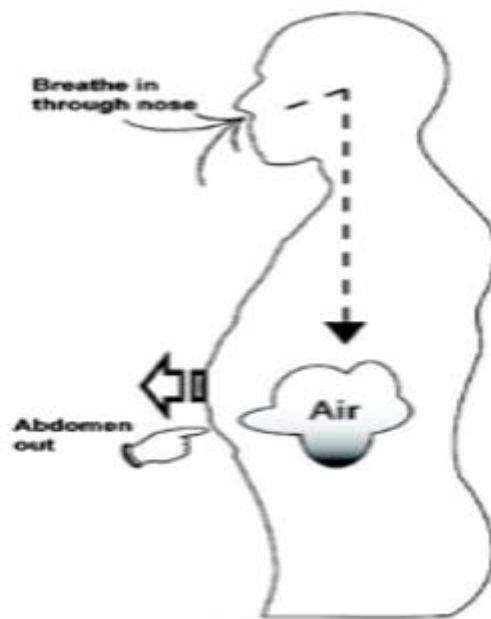


Image 21



Image 22

2. Soak in a warm bath or take a longer shower.

Relax in the water and enjoy the feel of the water. Practice breathing.

3. Listen to soothing music.



Image 23

What music do you like to listen to? Is it gentle and easy to listen to?

4. Practice mindful meditation.

Live in the moment. The goal of mindful meditation is to focus your attention on things that are happening right now in the present moment.

“**It is in our most
silent moments
that our thoughts
speak the loudest.**”

just_twon

Image 24

5. Talk

Talk over your worries or concerns with your friends and families or someone you trust. Talking to friends helps.

Which of the above would help you to relax?

I would relax by:

Looking after my body.

Everyday try to do the following:

- Walk 10,000 steps
- Get 8 hours sleep
- Drink 7 glasses of water
- Do 6 minutes of meditation or quiet time.
- Eat 5 servings of fruit and vegetables
- Take 4 breaks and do stretches
- Eat 3 meals and 3 healthy snacks
- Turn off the phone for 2 hours before you go to bed
- Do 1 session of exercise



Image 25

Complete the sentences.

I can walk _____ thousand steps.

I can sleep for _____ hours.

I can drink _____ glasses of water.

I can meditate for _____ minutes.

I can eat _____ servings of fruit and vegetables.

I can take _____ breaks, stretching and mental, in a day.

I eat _____ meals and _____ healthy snacks in a day.

I cannot use my phone for _____ hours before I go to bed.

What does your body tell you?



Image 26

Your body and mind can help you control your feelings.

How I am feeling?

		
Happy	Angry	Upset
		
Silly	Nervous	Surprised
		
Frustrated	Hungry	Affectionate
		
Sleepy	Thoughtful	Sick

Image 27

1. How do you feel today?

Today I feel_____.

2. How did you feel yesterday?

Yesterday I felt _____.

3. How will you feel tomorrow?

Tomorrow I hope to feel _____.

Art

Art can make people happy. Colour this drawing in.



Section 4: Hobbies

Hobbies are things we like to do in our spare time when we are not busy.

We do hobbies for lots of reasons, for fun, to keep fit, to pass the time, to learn something new or to meet new people.

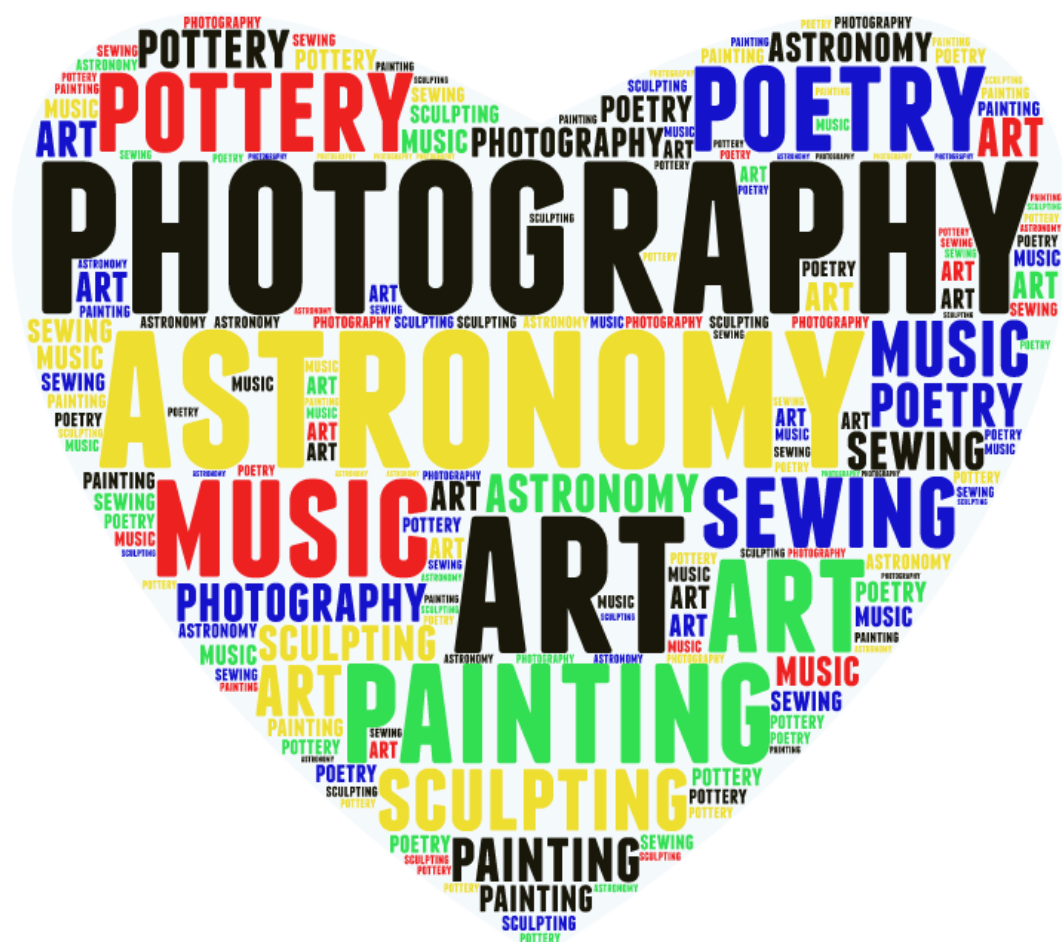


Image 28

Different Hobbies!

There are lots of hobbies and ways to spend your time. People go walking or cycling or swimming or play a sport like football or tennis. People watch sport on TV or go to matches. People read, watch TV or play computer games.



Image 29

Some people like to keep busy by cooking, gardening and DIY. Other people like arts and crafts and music. Some like dancing, yoga or bingo.

Over to you!

Tick yes or no.

Yes

No

Do you play a sport?

Watch TV?

Go to the gym?

Take photos?

Listen to music?

Play bingo?

Play computer games?

What so you like to do in your spare time?

List 5 things you like to do in your spare time.



Image 30

1. _____
2. _____
3. _____
4. _____
5. _____

Reading



Image 31

Annie and Mary live next door to each other. They have done so for almost forty years. Mary goes into Annie's house every morning for a cup of tea and a chat.

One day Annie showed Mary a leaflet that she got from the community hall. They had classes on in the hall. Annie wanted Mary to do a class with her. It would be fun she said.

They looked at all the classes and decided to try the art class. It was on Tuesday evening at 7:00 p.m. The first week Annie and Mary felt a bit

nervous as they hadn't done any art since school. The teacher explained everything and told them what to do and how to do it. In the first class they were going to draw and paint a banana.

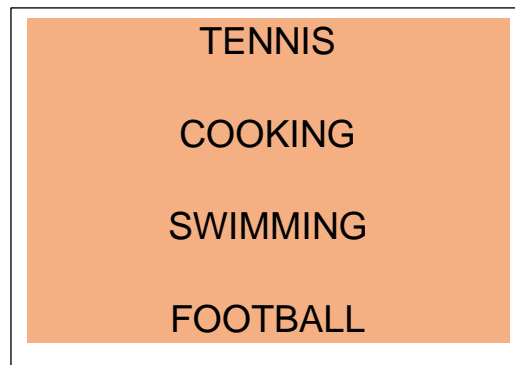
1. What are the names of the two women? _____
2. What class did they decide to try? _____
3. What day is the class on? _____
4. What picture did they paint? _____

Writing

Write about yourself.

1. In my spare time I like to _____
2. My favourite hobby is _____
3. I don't like to _____
4. I want to start _____
5. I am happy when I _____

Fill in the missing letters



1. T E _ _ I S
2. C _ _ K I N G
3. S W I _ _ I N G
4. F _ _ T B A _ _

Section 5: Cooking

A cooker can be electric or gas. Sometimes it can be both, you could have an electric oven and gas rings. You use a cooker to boil, fry, grill, roast and bake. What kind of cooker do you have? _____.



Image 32

There are other ways to cook. Some food can be cooked in a microwave, some can be heated up in a microwave and some frozen foods can be defrosted.

Do you have a microwave? _____

What do you use the microwave for? _____

You can also cook on a barbeque. You can barbeque burgers, sausages, chicken, steak, chops, kebabs, buns, corn, potatoes and other vegetables.

What is your favourite barbeque food? _____

Recipe

Easy Pancakes

You will need a big bowl, a whisk and a frying pan.

You will also need these ingredients.

- 100g of flour
- 2 large eggs
- 300ml (a little over half a pint) of milk
- A little oil
- Salt
- Lemon
- Sugar



Image 33

How to make the pancakes?

1. Put the flour, milk and eggs in a bowl and mix them with the whisk.

Make sure the batter is well mixed.

2. Leave the batter in the fridge for half an hour.
3. Heat a little oil in a frying pan on a medium heat.
4. Pour in some batter, cook for one or two minutes on each side.
5. Serve with the lemon and sugar.

Put these steps in order

Write the number 1 beside the first step, number 2 beside the next step and so on. **The first one is done for you.**

- Heat a little oil in a frying pan. _____
- Cook for one or two minutes on each side. _____
- Put the flour, milk and eggs in a bowl. **__1__**
- Make sure the batter is well mixed. _____
- Pour in some batter. _____

Fill in the blanks

1. Put the flour, m____ and eggs in a bowl and m____ them with the whisk. Make s____ the batter is well mixed.
2. Leave the b____ for a half a h____ before cooking the pancakes.
3. Heat a little o____ in a frying pan on a medium heat.
4. Pour in some batter, c____ for one or t____ minutes on each side.
5. Serve with the lemon and s____.

Word Search.

Find these words:

BUTTER	FRYING	BATTER	FLOUR
MILK	PANCAKES	FORK	WHISK
BOWL	LEMON		

M I F R Y I N G A P
P A N C L E M R B O
B A T T E R N M U W
O R K L M I L I T H
W U F L O U R L P I
L B P A N C A K E S
F O R K E S W H I K
R B O W B U T T E R



Image 35

Section 6: Managing Money

Managing Money

Working within a budget

At home, at work and at school, working within a budget is important.

Budgeting is listing your **income** and **spending**. You can make good choices about money you earn or gain.

Planning for an event

Once you have a budget you can use it to plan spending for special events or a special occasion, such as a holiday. A savings plan is always very helpful.

Family budgeting

Individuals and families should keep track of their spending and compare it to the money they earn.

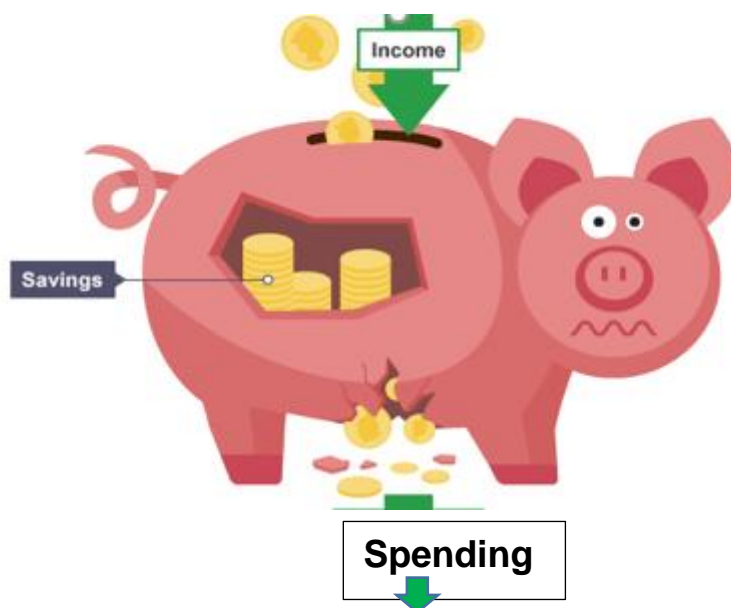


Image 36

Example of a weekly budget

The table below is an example of John's weekly budget. His weekly income is **300.00** euro per week. John's list of payments and spending are listed on the table. The total spent from John's weekly budget is added together in the bottom column.

<u>List of Payments</u>	<u>Spending</u>	<u>Weekly Income/Wage</u>
<u>Income</u>		<u>300.00</u>
<u>Rent</u>	<u>30.00</u>	
<u>Electricity</u>	<u>15.00</u>	
<u>Gas</u>	<u>15.00</u>	
<u>Food Shopping</u>	<u>60.00</u>	
<u>Travel Expenses</u>	<u>20.00</u>	
<u>Hobbies</u>	<u>50.00</u>	
<u>Savings</u>	<u>30.00</u>	
<u>Total Spent</u>	<u>220.00</u>	
<u>Total income left to spend on other things!</u>		<u>80.00</u>

Image 37



Over to you!

Below is an example of a weekly budget plan. You may not spend as much as John or maybe you have more payments that you would like to add to the list! Add up your weekly budget in the **spending column**.

<u>List of Payments</u>	<u>Spending</u>	<u>Weekly Income/Wage</u>
<u>Income</u>		
<u>Rent</u>		
<u>Electricity</u>		
<u>Gas</u>		
<u>Food Shopping</u>		
<u>Mobile Phone</u>		
<u>Hobbies</u>		
<u>Savings</u>		
<u>Total Spent</u>		
<u>Total income left to spend on other things!</u>		

If you had money left over from your weekly income what would you like to spend it on?

Follow these tips for saving money on day-to-day expenses.

1. Clear your debts.
2. Avoid stress buying.
3. Pack your own lunch.
4. Stop smoking (this is bad for you and expensive!)
5. Repair clothes instead of throwing of them out.
6. Shop around for the best deals on food and clothes.
7. Buy second hand when you can.

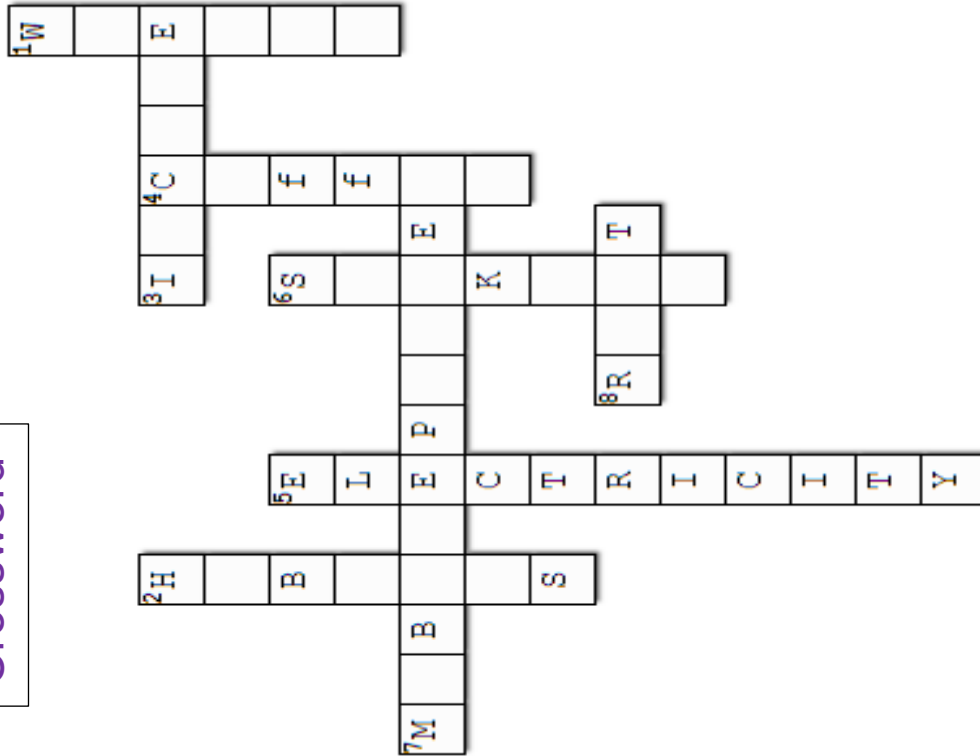
Image 38



Do you have any ideas on how to save money?

Crossword

Complete the
Crossword using all
the clues!
The spelling of all the
words are on the
previous pages



Across

3. another name for your weekly wage
7. a hand held device used to talk to others
8. charge for the property you are renting

Down

1. something that happens within 7 days
2. you can have lots of these such as swimming, cycling and singing
4. you could save some money if you make this at home yourself
5. needed for electrical appliances
6. this can be bad for your health and is expensive!

Created using the Crossword Maker on TheTeachersCorner.net

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Image 16

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Image 27a

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