Meaning and use

CEFR A2 | Unit 8: Wellbeing | Vocabulary

Match the first four meanings to the word bank. Then apply words to the unit context.

Name _____ Date _____

Word bank: rest, habit, screen, routine

1. something you do regularly

2. the usual order of activities

3. time spent relaxing or sleeping

4. a surface displaying digital information

5. Use advice and rule in a sentence about wellbeing.

6. Explain the difference in meaning between reason and choice.

7. Choose two words from page 1. Explain how they connect to this context: A learner feels tired after long study sessions. The exit must stay clear. The quiet room is optional. A classmate suggests breaks between tasks. The learner will review the plan in a week.