



A BEACH HOLIDAY

Lesson Objectives

Students read a short story about a family's beach vacation. They learn new words related to going to the beach, surfing and protecting your skin from the sun.

Target Language

You have a beautiful tan.
Do you have the suntan lotion?
I want to buy a bigger beach towel.
I use goggles when I swim in the sea.
Etc.

Vocabulary

sunglasses	wetsuit	towel
lifeguard	surfer	surfboard
goggles	flippers	snorkeling
flip-flops	shorts	sundress
sunblock	suntan	suntan lotion
etc.		

Beaches Are Relaxing

The sand, the waves, and the sun. The best place to let go of stress is on the beach. Besides making you feel calm, there are loads of other health benefits of going to the beach.

Sunshine is good for your mood and can make you sleep better. So we can say going to the beach makes us happy!

It can also keep you healthy. Your body takes in Vitamin D from the sunshine and this can create strong bones, healthy skin, and a good immune system.

Listening to the waves and taking a walk on the beach helps you to relax. You definitely should try to spend time on the beach without your phone.

Sea air is clean and good for you and the environment.

Swimming in the seawater is also very healthy for the body.

