Nombre_____

# 🌿 Proyecto: ¡Conviértete en un Entrenador de Bienestar! 🌿

**Theme: Reflexive verbs + self-care**

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📋 **Instrucciones /**Instructions

1. **Tu papel /**Your role:
   Imagine you are a wellness coach. Your job is to give advice to your "clients" (the class) about how to take better care of themselves.
2. **Contenido /**Content:
   - Give 5–7 pieces of advice related to self-care using reflexive verbs.
     Examples:
     - *You should relax after school.* (*Debes relajarte…*)
     - *You need to go to bed earlier.* (*Tienes que acostarte…*)
     - *It's important to wash your hands often.* (*Es importante lavarse…*)
   - Use expressions to give recommendations: *You should…, It's important to…, You need to…*
3. **Presentación /**Presentation:
   - Speak in complete sentences in Spanish.
   - Be creative: you may use posters, images, slides, or act it out.
   - Your presentation should last 1–2 minutes.
4. **Creatividad /**Creativity (optional but encouraged):
   - You may dress up as a coach, doctor, or health influencer.
   - You may give funny examples (*You shouldn't fall asleep in class; you should fall asleep in your bed*).

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✅ **Requisitos /**Requirements

- Minimum of 5 reflexive verbs are used correctly.
- Clear language, understandable pronunciation.
- Use of self-care vocabulary (*to brush, to get up, to go to bed, to shower, to relax, etc.*).
- Creativity and enthusiasm.

***This is the rubric your teacher will use to grade you.**

| Criteria | Excellent (4) | Good (3) | Satisfactory (2) | Needs Improvement (1) |
|---|---|---|---|---|
| Use of reflexive verbs (5 pts) | Uses 5–7 reflexive verbs correctly and with variety | Uses 4–5 reflexive verbs correctly | Uses 3 reflexive verbs, some errors | Uses fewer than 3 reflexive verbs, many errors |
| Grammar and vocabulary (5 pts) | Complete sentences, varied and accurate vocabulary | Mostly complete sentences, some errors | Basic sentences, limited vocabulary | Incomplete sentences, major errors |
| Clarity and pronunciation (5 pts) | Very clear, easy to understand, excellent pronunciation | Fairly clear, a few minor errors | Somewhat clear, noticeable pronunciation issues | Difficult to understand |
| Creativity and presentation (5 pts) | Very creative, with engaging visuals/acting | Creative, some visual aids or gestures | A little creativity, minimal visual support | No creativity, little effort in presentation |

**Use the space below to write down your 5–7 pieces of advice before presenting. Spanish only. Use your notes to help you.**

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