

MOVE TO RELAX!

Last name : _____ 2nd _____

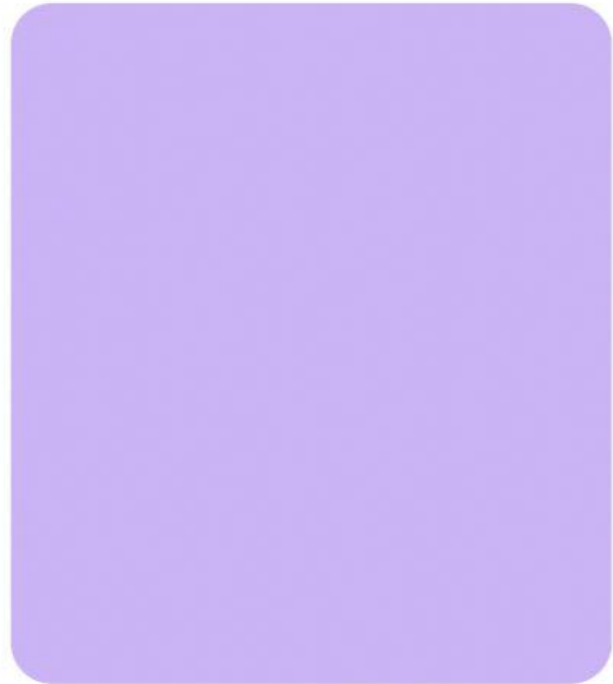
HOW DO YOU REDUCE STRESS?

Draw one action you do during lockdown.

For example:



In lockdown, I draw.



In lockdown, I _____.

LISTENING COMPREHENSION

Listen to Alisa and Miguel and **select** the correct option.



ALISA, 15
Kramatorsk – Ukraine

1. How do I feel?

Example: a. I feel bored.

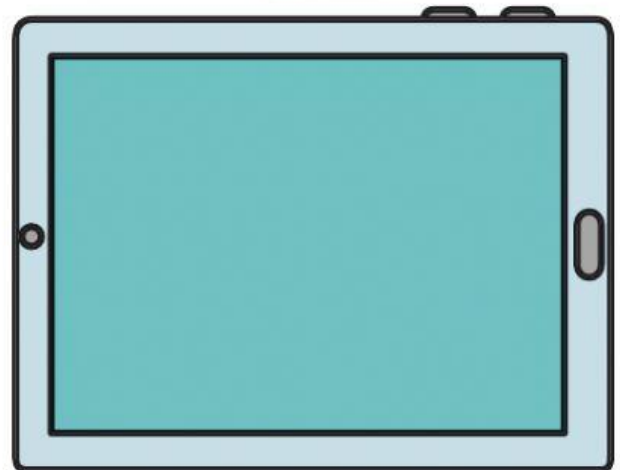
b. I feel stressed

2. What activities do I do?

- a. I read books.
- b. I read comics.

- c. I play the piano
- d. I play the guitar.

- e. I chat with my friends.
- f. I call my friends.





MIGUEL, 14
Huancavelica – Peru

1. How do I feel?

- a. I feel stressed.
- b. I feel sad.

2. What activities do I do?

- a. I sing.
- b. I dance.
- c. I help my father.
- d. I help my brother
- e. I play with my sister.
- f. I play with my brother.

Comment two actions on Alisa and Miguel's posts. **Use** "and" as a connector:

Alisa Kozel

10:30 AM

I hate this lockdown! 😞 What do I do?
#Quarantine #2021 #Ukraine

7

3 shares

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Example:

R

Rodrigo Fernandez

In lockdown, I chat with my friends
and eat chocolate

(your name)

In lockdown, I

Miguel Alayo

11:30 AM

In lockdown I feel stressed! 😞😞😞
What do I do? #Quarantine #2021
#Ukraine

7

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(your name)

In lockdown, I