ENGLISH: Level A1

WEEK 10 — Experience 03

LET'S REDUCE STRESS

ACTIVITY 01 What to Do?

LET'S OBSERVE!

LOOK at the face of the girl and **ANSWER** the question.

How is she today?

1. Stressed

2. Bored

3. Sad

4. Happy

Today, she is _____

LET'S LISTEN AND READ!

Exercise 1 LISTEN TO and READ the posts.

Rocio Torres
10:30 AM
In lockdown, I don't go out, I don't visit my grandfather, and I don't see my friends. I feel stressed. What do I do?

7 3 Shares
Like Share

David Puma
When I feel stressed, I read comics, I draw my favourite superheroes, and I call my friends.

Lizbeth Dominguez
Oh no! When I feel stressed, I eat chocolate, I play the guitar, and dance with my sister.

Lester Fernandéz
11:30 AM
In lockdown, I feel bored!!! I don't play with my friends, I don't go to school, and I don't go to the movies. What do I do?

7 3 Shares
Like Share

Robert Gonzales
I am sorry! When I feel stressed, I watch videos and learn how to cook.

Susy Guerrero
My friend! When I feel stressed, I play chess, I listen to the radio, and I dance.

LIVEWORKSHEETS

LET'S UNDERSTAND!

Exercise 2 READ the posts again and CHECK (✓) the correct box for Rocio and Lester.

1. How does Rocio feel?				
2. How does Lester feel?				

Exercise 3 COMPLETE the chart.

ROCÍO TORRES

How does she feel?

Reasons: Example: I don't go out.

and

Like Share

LESTER FERNANDEZ

How does he feel?

Reasons:

and

Like Share

DAVID PUMA

Reasons:

and

ROBERT GONZALES

Reasons:

and

LIZBETH DOMINGUEZ

Reasons:

and

SUSY GUERRERO

Reasons:

and

GOOD LUCK!

LIVEWORKSHEETS