

**LEARNING EXPERIENCE 3**  
**LET'S REDUCE STRESS**  
**ACTIVITY 2: MOVE TO RELAX?**

**DESAFIO:** Crea un testimonio corto en inglés y ayuda a otras personas a proteger su salud mental y física.

**LEAD IN:** Answer the question.

**How do you reduce stress?**



Read books



Draw pictures



Sing



Call my friends



Dance



Help my mom



Watch tv



Listen to the radio



Play football



Chat with my friends



Read comics



Play volleyball



Play video games



Eat



run



walk

When I feel stressed: I .....

**LET'S PRACTICE!**

**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 c. I play the piano e. I chat with my friends

b. I read comics d. I play the guitar f. I call my friends

**MIGUEL, 14**  
**Huancavelica – Perú**

1. How do I feel?

Example: a. I feel stressed

b. I feel sad.

2. What activities do I do?

a. I sing. c. I help my father. e. I play with my sister.

b. I dance. d. I help my brother. f. I play with my brother.