



# Move to Relax!



Name: \_\_\_\_\_

Class/Section: 4th

When I feel stressed, \_\_\_\_\_.

## LISTENING COMPREHENSION

Listen and check the correct information.



**ALISA, 15**  
Kramatorsk – Ukraine

1. How do I feel?

- A.   B.   C.  

Example:

### 1. Reasons

- A. I don't walk in the park.
- B. I don't go to the movies.
- C. I don't see my friends.
- D. I don't play in the park.

2. What do I do?

- A. 
- B. 
- C. 
- D. 



**MIGUEL, 14**  
Huancavelica – Peru

3. How do I feel?

- A.   B.   C.  

### 4. Reasons

- A. I don't see my grandmother.
- B. I don't go to school.
- B. I don't go to the movies.
- D. I don't visit my grandfather.