DO IT YOURSELF!

Listen, look at the pictures and write complete sentences.

ALISA, 15
Kramatorsk – Ukraine

REASONS TO FEEL STRESSED IN LOCKDOWN

Example: I don't walk in the park.

1. .....

WHAT SHOULD I DO TO REDUCE STRESS?

2. .....

LIVEWORKSHEETS

DO IT YOURSELF!

3. .....

4. .....

LIVEWORKSHEETS

DO IT YOURSELF!

MIGUEL, 14
Huancavelica – Peru

REASONS TO FEEL STRESSED IN LOCKDOWN

1. .....

WHAT SHOULD I DO TO REDUCE STRESS?

2. .....

3 .....

4. .....

LIVEWORKSHEETS