



ENGLISH: Level Pre A1

WEEK 11 – Experience 03

LET'S REDUCE STRESS

ACTIVITY 02

Move to Relax!

LEAD IN

How do you reduce stress?

MATCH the action with its appropriate name.



draw

sing



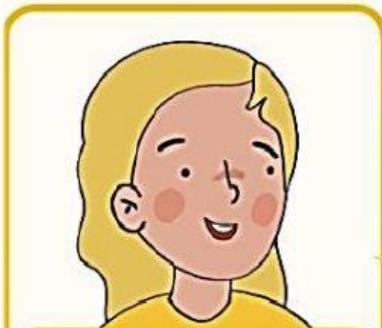
dance

Call my friends



LET'S PRACTICE! LISTENING COMPREHENSION

Exercise 1 LISTEN to Alisa and Miguel and CHOOSE 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.





3. How do I feel?

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

4. 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.

LET'S UNDERSTAND!

Exercise 2

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

Like Share

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
#Huancavelica

7 3 Shares

Like Share

(Your name)
In lockdown, I



GLOSSARY

Listen to the English words, then record your own voice.

INGLÉS

1. Call my friends

2. dance

3. do exercises

4. draw

5. eat

6. hate

7. help

8. I feel bored

9. I feel happy when ...

10. I feel stressed

11. sad

12. Sorry to hear that!

13. What do I do?

CASTELLANO

Llamar a mis amigas(os)

bailar

hacer ejercicios físicos

dibujar

comer

odiar

ayudar

Me siento aburrida(o)

Me siento feliz cuando ...

Me siento estresada(o)

triste

¡Lamento escuchar eso!

¿Qué hago?

