

"Aprendo en Casa"

ACTIVITY N° 3 - Actions to reduce stress

Student: _____

Grade and Section: 5th _____

Teacher: _____

Date: June _____

COMPETENCE	CAPACITY	PURPOSE
➤ Se comunica oralmente mediante textos orales breves en inglés	➤ Obtiene información del texto oral en inglés.	➤ Reconoce las actividades de tiempo libre y las actividades que le causan stress.
➤ Lee diversos tipos de textos escritos en inglés como lengua extranjera.	➤ Adecua, organiza y desarrolla el texto en inglés de forma coherente y cohesionada.	

I.- LET'S MATCH



I do exercises.



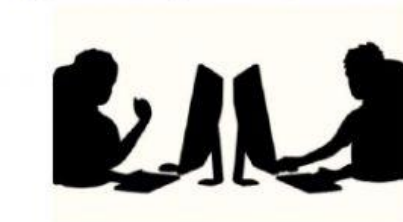
I play the guitar.



I read books.



I play online with friends.



I chat online with friends.

II. Read the dialogue and choose who is speaking. (lee el dialogo y escoje quien esta hablando)



- HILDA:** Hi Roberto!
- ROBERTO:** Hi Hilda.
- HILDA:** How do you feel today?
- ROBERTO:** I feel very stressed.
- HILDA:** Oh no, my friend. Sorry to hear that!
- ROBERTO:** I don't feel good. I don't see my friends and I don't play in the park. It's frustrating
- HILDA:** I see ...
- ROBERTO:** How do you reduce stress, Hilda? Please, help me!
- HILDA:** Well, when I feel stressed, I read books, I draw pictures of my favourite superheroes, and I help my mom on the farm.
- ROBERTO:** Oh! I feel good when I help my grandfather in the kitchen.
- HILDA:** Good idea, help your family!
- ROBERTO:** Thank you very much Hilda!
- HILDA:** No problem, my friend.



- 1) Good idea. _____
- 2) I don't feel good. _____
- 3) I feel good when I help my grandfather. _____
- 4) I don't play in the park. _____
- 5) Thank you very much. _____
- 6) Please, help me! _____
- 7) When I feel stress, I read books. _____
- 8) It's frustrating. _____
- 9) Sorry to hear that! _____
- 10) No problem my friend. _____