

REDUCE STRESS

WORD SEARCH

Look at the pictures and find the correct verb in the word search.



1. I _____
books.



2. I _____
pictures.



3. I _____
exercises.



4. I _____
my grandfather.

F	R	P	G	L	O	S
V	E	O	W	N	O	F
E	A	F	R	T	A	H
R	D	H	R	M	G	E
E	H	R	C	I	G	L
H	X	N	A	L	D	P
X	N	G	K	W	O	E



HILDA: Hi Roberto!
ROBERTO: Hi Hilda.
HILDA: How do you feel today?
ROBERTO: I feel stressed.
HILDA: Oh no! Sorry to hear that!
ROBERTO: I don't feel good. I don't see my friends and I don't play in the park.

HILDA: I see ...
ROBERTO: How do you reduce stress Hilda?
HILDA: Well, when I feel stressed, I read books, I draw pictures, and I help my mom.
ROBERTO: I feel good when I help my grandfather.
HILDA: Good idea, help your family!
ROBERTO: Thank you Hilda!
HILDA: No problem, my friend.



Write **A** for Hilda and **B** for Roberto.



READ BOOKS
Example: **A**



1. DRAW PICTURES



2. HELP MY MOM



3. HELP MY GRANDFATHER



4. STUDY FROM HOME



5. FEEL STRESSED

Check (✓) true or false.



STATEMENTS

TRUE

FALSE

Example:

I read books.



1. I draw pictures.



2. I help my grandfather.



3. I read comics.



4. I help my grandfather.