

Name _____ Grade _____

REDUCE STRESS

Look at the pictures and fill in the missing letters.



1. P __ Y
F __ TBA __



2. REA _
BO __ S



3. _ A _ IN
T _ E P _ RK.

Listen to and read the conversation.



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.



Choose the correct information for Hilda and Roberto



Example:

I read books.

1. I don't see my friends.
2. I feel stressed.
3. I help my grandfather in the kitchen.
4. I help my mom on the farm.

1. I don't see my friends.
2. I feel stressed.
3. I help my grandfather in the kitchen.
4. I help my mom on the farm.

Correct the statements for Hilda and Roberto. Follow the example



Hilda

Example:

I help my grandfather on the farm.

1. I read comics.
2. I look at pictures of my favorite superheroes.

I help my mom on the farm.



Roberto

1. I don't help my grandfather.
2. I don't play at school.
3. I don't feel stressed.



LET'S PRACTISE!

Complete the conversation. Be creative!

Lockdown



Hi! Lockdown is frustrating! I don't visit my friends. How about you?

Oh, I know. I don't go out and I don't go to school (example).



How do you _____ (1) stress?

Well, I _____ (2) and I _____ (3).



Do the best!!