

ENGLISH: Level Pre A1

WEEK 12 — Experience 03

LET'S REDUCE STRESS

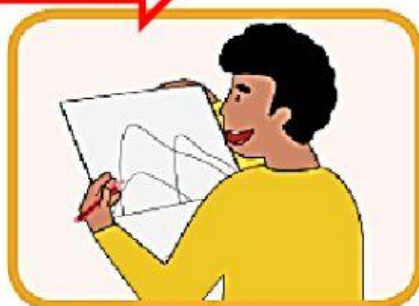
ACTIVITY 03

Reduce Stress!

**LEAD IN
CROSSWORD PUZZLE**

LOOK at the pictures, **UNSCRAMBLE** the correct action and **COMPLETE** the crossword.

ACROSS:



1. I (AWRD)

pictures.



2. I (PHEL)

my grandfather.



3. I (OD)

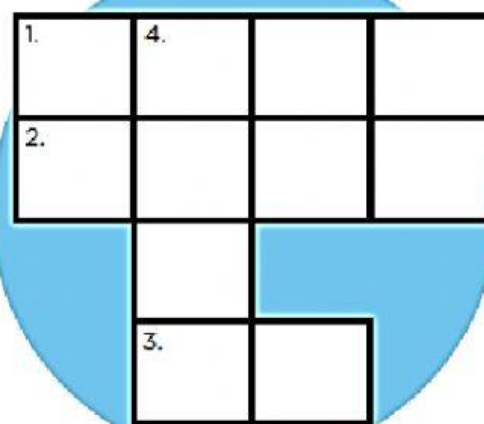
exercises.

DOWN:



4. I (EARD)

books.



MATCH with the sentences with the actions.



I chat with my friends.

I call friends.

I play the guitar.

I listen to music.

I sing.

I dance.

I cook.

I eat chocolate.

I study from home.

I learn.



LET'S LISTEN AND READ!

LISTEN TO and **READ** the conversation.



Hi Roberto.

Hi Hilda. How do you feel in lockdown?



Well, I feel stressed.

Sorry to hear that!



What do I do Roberto?

Well, when I feel stressed, I do exercises and read books.



Mmmmm....

I play the guitar and listen to music.



Oh, I love music! I listen to the radio.

Good!



Thank you, Roberto!

No problem, my friend.



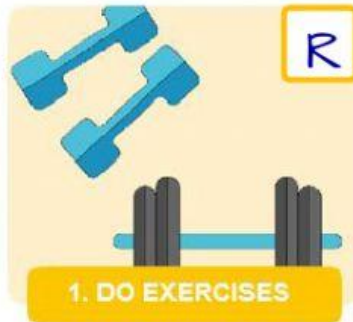
LET'S UNDERSTAND!

Exercise 1

READ the conversation and WRITE the actions for Hilda "H" and Roberto "R". Follow the examples.



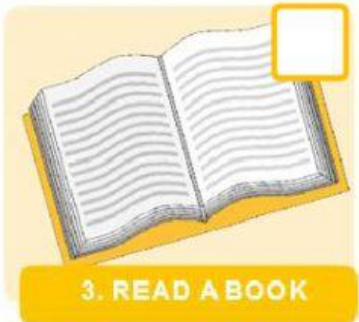
HILDA



1. DO EXERCISES



2. PLAY THE GUITAR



3. READ A BOOK



ROBERTO



4. LISTEN TO THE RADIO



5. LISTEN TO MUSIC



6. FEEL STRESSED

Exercise 2

READ the conversation and COMPLETE the statements. Follow the example.



HILDA

1. I feel
2. I the radio.



ROBERTO

Example:

I read books.

1. I do and read
2. I the guitar and listen to