

FULL NAME:

LEARNING EXPERIENCE 3

English: Level A2

Let's Reduce Stress



PURPOSE: Los alumnos (as) describen las actividades que realizan para reducir el estrés utilizando el tiempo present perfect y utilizando adverbios de tiempo correctamente.

Activity 3: Reduce Stress

LEAD IN: Actions to reduce stress

Look at the pictures and change to present perfect using the regular verbs.



Play soccer.



Read books



Walk in the Street.

* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.

LEARNING EXPERIENCE 3

Present Perfect: Irregular Participle verbs.

Exercise 1: Listen and select the sentences in present perfect.



LEARNING EXPERIENCE 3

Present Perfect: Regular Participle verbs.

Exercise 2: Listen and select the Regular Participle Verbs to write the sentences.



Exercise 3: Listen and watch the video and select the verbs in past simple and past participle of the table.

arise			surgir
awake			despertar(se)
be			Ser, estar
begin			empezar
become			Llegar a ser
bring			traer
buy			comprar
come			venir
do			hacer
draw			dibujar
drink			beber
drive			conducir
eat			comer
feel			Sentir(se)
get			Conseguir, obtener
give			dar
go			ir
know			Saber, conocer
sing			cantar
see			ver
sleep			dormir
ride			montar
run			correr
spread			propagar
swim			nadar
put			poner
meet			Encontrar, conocer, reunirse
take			Llevar, tomar.
write			escribir

Exercise 4: choose the correct auxiliary verb for present perfect.

Affirmative
Present perfect tense

We form the present perfect tense
with **have / has + past participle**.

Negative
Present perfect tense

We form the negative present perfect tense
with **haven't/hasn't + past participle**.

I			
You		eaten	an apple.
We			
They			

I			
You		eaten	an apple.
We			
They			

He			
She		eaten	an apple.
It			
John			

He			
She		eaten	an apple.
It			
John			

Exercise 5: Match the correct adverbs to the meaning.

1. ALREADY

A. NUNCA

2. YET

B. ALGUNA VEZ

3. NEVER

C. YA

4. EVER

D. TODAVÍA

5. SINCE

E. POR, DURANTE

6. FOR

F. DESDE

Exercise 5: Drag the correct past participle.

BECOME

BEEN

BE

DRUNK

WRITE

DONE

DO

BECOME

DRINK

WRITTEN

GO

FELT

FEEL

SLEPT

Exercise 6: Order the sentences.

1. Ever/you/have/been/Macchu Picchu/to?

2. Already/I/have/visited/Macchu Picchu/twice/.

3. Yet/haven't/I/Macchu Picchu/travelled to/.

**LET'S LISTEN AND READ:**

Listen to and read the conversation.

El audio está disponible en
la sección Recursos para mi
aprendizaje



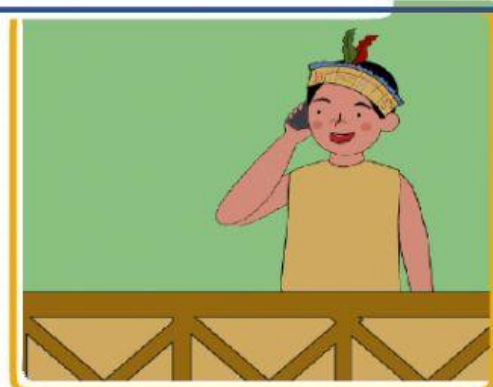
**How have you reduced
stress during the Pandemics?**



- HILDA:** Hi Roberto!
- ROBERTO:** Hi Hilda.
- HILDA:** How have you felt since the lockdown?
- ROBERTO:** I have felt very stressed.
- HILDA:** Oh no, my friend. Sorry to hear that!
- ROBERTO:** I haven't felt good. I haven't seen my friends, I haven't gone to the beach and I haven't played in the park since the lockdown. It's frustrating
- HILDA:** I see ...
- ROBERTO:** How have you reduced stress, Hilda since the lockdown? Please, help me!
- HILDA:** Well, when I have felt stressed, I have read books, I have drawn pictures of my favourite superheroes, and I have helped my mom on the farm.
- HILDA:** Oh! I have felt good when I have helped my grandfather in the kitchen.
- ROBERTO:** Good idea, help your family!
- HILDA:** Thank you very much Hilda!
- ROBERTO:** No problem, my friend.



Observa cómo se utiliza
la palabra "have" en
esta conversación.





LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Check (☒) the correct information for Hilda (A) and Roberto (B).

Example:

I have read books.

A. Hilda

B. Roberto



1. I haven't seen my friends.
2. I have felt stressed.
3. I have helped my grandfather in the kitchen.
4. I have helped my mom on the farm.

UNDERSTAND-EXERCISE 2

Correct the statements for Hilda and Roberto. Follow the example



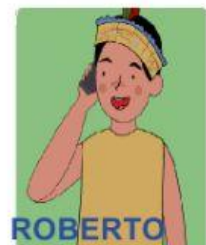
Example:

I have helped my grandfather on the farm.

I have helped my mom on the farm.



1. I have read comics.
2. I have looked at pictures of my favourite superheroes.



1. I haven't helped my grandfather.
2. I haven't played at school.
3. I haven't felt stressed.



¡NOTEMOS ALGO!

¿Cómo puedo crear una oración en present perfect en inglés? El verbo va en participio.

Si es positivo :

I have played the piano.

S + HAVE/HAS+V+O

Si es negativo:

I haven't seen my friends.

S + HAVEN'T /HASN'T+V+O





LET'S PRACTISE!

PRACTISE-EXERCISE 1

Complete the conversation. Be creative!

Lockdown



Hi! Lockdown is frustrating! I haven't visited my friends. How about you?



Oh, I know. I haven't gone out and I haven't

go to school (example).



How have you _____ (1) stress?



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



Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas sobre lo que puedes hacer en inglés.



1. ¿Puedo reconocer palabras que son similares al castellano? **SÍ - NO**
2. ¿Puedo identificar información esencial de un texto? **SÍ - NO**
3. ¿Puedo corregir oraciones falsas? **SÍ - NO**
4. ¿Puedo emplear palabras o frases cortas para indicar acciones que alguien realiza? **SÍ - NO**

This is the end
of Activity 3.
Bye- bye!

Continue with
Activity 4.



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