

Reduce stress in lockdown

FEELINGS. Write the feelings you had or have faced during the quarantine.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What activities do you do to reduce the stress in lock down? Write a paragraph to describe a routine.

Record

Read your paragraph and record your voice in <https://vocaroo.com/>

Paste here the link _____

By Isa Medina