

# Let's Reduce Stress

## GLOSSARY



### INGLÉS

### CASTELLANO

1. bored
2. chess
3. draw
4. Go to the movies
5. Help my grandfather
6. How do you feel today?
7. How does he/she feel?
8. I don't feel good
9. I feel happy when...
10. Read comics
11. Sorry to hear that
12. That makes me feel happy
13. What do I do?
14. When I feel stresses, I ...



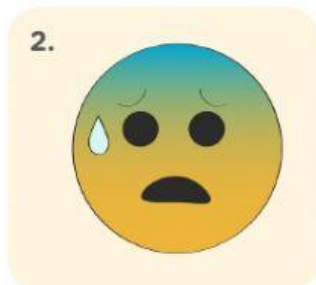


## Activity 1: What should I Do? LET'S OBSERVE!

Match the emojis with the feelings.



She feels ....



A. bored

B. happy

C. stressed

D. sad



Answer the question.

How do **YOU** feel today?





## LET'S LISTEN AND READ!

Listen to and read the posts.



El audio está disponible en la sección Recursos para mi aprendizaje

**Rocío Torres** 10:30 AM

In lockdown, I don't go out, I don't visit my grandfather, I don't see my friends, and I don't play sports 😞. I feel stressed and I hate it. What should I do? 😞😞 Please, help me.



7 Likes 3 Shares

**David Puma**  
Hello Rocío. I'm sorry for you. When I feel stressed, I read comics, I draw my favourite superheroes like Batman or Spiderman, and I call my friends on WhatsApp.

**Lizbeth Dominguez**  
Oh no! 😞 When I feel stressed, I eat chocolate, I play the guitar and the piano, and dance with my sister.

**Lester Fernández** 11:30 AM

In lockdown, I feel very bored!!! I don't play with my friends, I don't go to school, I don't go to the movies. What should I do? Help me.



7 Likes 3 Shares

**Robert Gonzales**  
Hi Lester! I am sorry! 😞 When I feel stressed, I watch videos on YouTube and learn to cook.

**Susy Guerrero**  
My friend! So sorry! When I feel stressed, I play chess with my brother, I listen to the radio, and I dance.

**LOOK!**  
**Lockdown:**  
Quarantine

**LET'S UNDERSTAND!****UNDERSTAND-EXERCISE 1**

Check ( ✓ ) the correct emoji and **complete** the sentence.

| ROCÍO TORRES                  |  | LESTER FERNÁNDEZ              |  |
|-------------------------------|--|-------------------------------|--|
|                               |  |                               |  |
| I feel <input type="text"/> . |  | I feel <input type="text"/> . |  |

**UNDERSTAND-EXERCISE 2**

Check ( ✓ ) the boxes. Follow the example:

| Example:                         | Rocío                               | Lester                   | David                    | Robert                   | Lizbeth                  | Susy                     |
|----------------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| I don't play sports.             | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1. I play chess with my brother. | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I read comics.                | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I play the guitar             | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I learn to cook               | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I dance with my sister.       | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I don't go to the movies.     | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |