



PERÚ

Ministerio
de Educación

APRENDO
en casa

LEARNING EXPERIENCE 3

English: Level A1

Let's Reduce Stress

GLOSSARY



INGLÉS

CASTELLANO

1. bored	
2. chess	
3. draw	
4. Go to the movies	Ir al cine
5. Help my grandfather	
6.	¿Cómo te sientes hoy?
7.	¿Cómo se siente ella/él?
8.	No me siento bien
9.	Me siento feliz cuando ...
10.	Leer historietas
11. Sorry to hear that	¡Lamento escuchar eso!
12. That makes me feel happy	Eso me hace sentir feliz
13.	¿Qué hago?
14.	Cuando me siento estresada(o), yo ...



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

DIRECCIÓN DE EDUCACIÓN SECUNDARIA

LIVEWORKSHEETS



Activity 1: What to Do? LET'S OBSERVE!

Look at the face of the girl and **answer** the question.

How is she today?



1. stressed



2. bored



3. sad



4. happy

She is

**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, and I don't see my friends 😞. I feel stressed. What do I do? 😞😞



7 3 Shares

Like Share

D David Puma
When I feel stressed, I read comics, I draw my favourite superheroes, and I call my friends.

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

Lester Fernández 11:30 AM

In lockdown, I feel bored!!! 😞😞 I don't play with my friends, I don't go to school, and I don't go to the movies. What do I do? 😞😞😞



7 3 Shares

Like Share

R Robert Gonzales
I am sorry! When I feel stressed, I watch videos and learn how to cook.

S Susy Guerrero
My friend! 😞 When I feel stressed, I play chess, I listen to the radio, and I dance.

LOOK!
Lockdown:
Quarantine



LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Check (✓) the correct box.

1. How does Rocío feel?				
2. How does Lester feel?				

UNDERSTAND-EXERCISE 2

Complete the chart.

Rocío Torres

1. How does she feel?

Reasons

Example: I don't go out.

- and

Like

Share

2. David Puma

Example: I read comics

- and

3. Lizbeth Dominguez

- and

Lester Fernandez

4. How does he feel?

Reasons

- and

Like

Share

5. Robert Gonzales

- and

6. Susy Guerrero

- and

Puede utilizar comas o "and" para unir oraciones.





ORDER THE WORDS TO MAKE SENTENCES:

a) Feel / I / bored

.....

b) she / does / How / ? / today / feel

.....

c) That! / to / sorry / hear / I / am

.....

d) ? / TV / you / watch / when / , / do

.....

e) I/ feel/ dance Marinera/ when/ stressed/, /I

.....

f) You/ How / feel / do/ today/ ?

.....

This is the end
of Activity 1.
Bye- bye!



Continue with
Activity 2.

