



PERÚ

Ministerio de Educación

APRENDO en casa

LEARNING EXPERIENCE 3

English: Level Pre A1

Let's Reduce Stress



Activity 3: Reduce Stress LEAD IN: Crossword puzzle

Look at the pictures, **unscramble** the correct action and **complete** the crossword.

ACROSS:



1. | (AWRD)

pictures.



2. | (PHEL)

my grandfather.



3. | (OD)

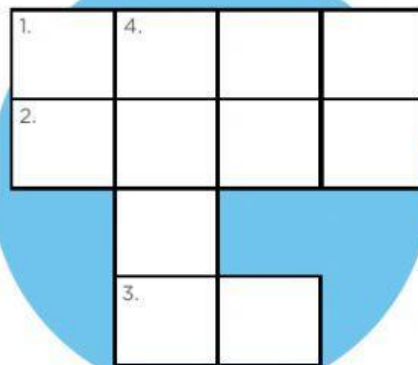
exercises.

DOWN:



4. | (EARD)

books.



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



LET'S LISTEN AND READ:

Listen to and read the conversation.



El audio está disponible en la sección Recursos para mi aprendizaje

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.

Mmmm...

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!

UNDERSTAND-EXERCISE 1

Read the conversation and **match** the actions for Hilda and Roberto. Follow the example:



HILDA



1. DO EXERCISES



2. PLAY THE GUITAR



3. READ A BOOK



4. LISTEN TO THE RADIO



5. LISTEN TO MUSIC





6. FEEL STRESSED



ROBERTO

UNDERSTAND-EXERCISE 2

Read the conversation and **complete** the statements. Follow the example.

 <p>HILDA</p> <p>1. I feel _____.</p> <p>2. I _____ the radio.</p>	 <p>ROBERTO</p> <p>Example: I <input type="text" value="read"/> books.</p> <p>1. I do <input type="text"/> and read <input type="text"/>.</p> <p>2. I <input type="text"/> the guitar and listen to <input type="text"/>.</p>
--	--