

# "93 YEARS EDUCATING FROM LIFE TO LIFE"



PERÚ  
Ministerio  
de Educación

ACTIVITY 1

LEARNING EXPERIENCE 3



APRENDO  
en casa

English: Level Pre A1

## Let's Reduce Stress

Full Name: .....

Activity 1: What to do?:

LET'S OBSERVE!

Look at the emoji and answer the question.

How is he today?



A) Stressed



B) Sad



C) Happy



D) Bored

Today he is ...

LET'S LISTEN AND READ!

Listen to and read the posts.

**Rocio Torres**  
10:30 AM  
In lockdown, I feel bored 😞😞😞  
What do I do? 😊😊😊

7 3 Shares

Like Share

**D** David Puma  
When I feel bored, I read books, I draw pictures, and I call my friends.

**L** Lizbeth Dominguez  
When I feel stressed, I eat chocolate, I play the guitar, and I dance Marinera.

**Lester Fernández**  
10:30 AM  
In lockdown, I feel stressed!!! 😞😞  
What do I do? 😊😊😊

7 3 Shares

Like Share

**R** Robert Gonzales  
When I feel stressed, I watch TV, I play chess, and I help my mom.

**S** Susy Guerrero  
When I feel bored, I listen to the radio and I sing.

# "93 YEARS EDUCATING FROM LIFE TO LIFE"

## LET'S UNDERSTAND!

### UNDERSTAND-EXERCISE 1

Read the posts and check  the correct comments for Rocio (R) and Lester (L)

### What do I do?

#### 1. Rocio Torres

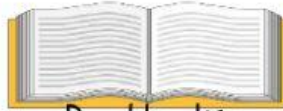


A. Bored



B. Happy

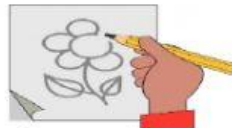
What do I do?



Read books



Sing



Draw pictures



Eat chocolate

#### 2. Lester Fernandez



A. Sad



B. Stressed

What do I do?



Call friends



Help my mom



Listen to the radio

## ORDER THE WORDS TO MAKE SENTENCES:

a) Feel / I / happy

.....

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

.....

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

.....

d) ? / movies / you / go / when / to the / do

.....

# GOOD

# LUCK