



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

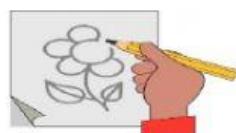


B. Happy

What do I do?



Read books



Draw pictures



Sing



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

LIVELIVEWORKSHEETS