

# 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?



Today he is



A) Stressed



B) Sad



C) Happy



D) Bored

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.

# LET'S UNDERSTAND!

## UNDERSTAND-EXERCISE 1

Drag the correct pictures of the comments for Rocio and Lester .

**What do I do?**



Eat chocolate



Read a book



Dance  
Marinera



Call friends



Help my mom



Draw pictures



Sing



play the guitar



Watch TV



Play chess



Listen to the radio

### 1. Rocio Torres

What do I do?


### 2. Lester Fernandez

What do I do?


## LET'S UNDERSTAND!

### UNDERSTAND-EXERCISE 2

Match the emotions for Rocio (R) and Lester (L) and for the emojis according to the pictures.

How do you feel?

I feel .....

#### 1. Rocio Torres



bored

happy

stressed

stressed



#### 2. Lester Fernandez



bored

happy

stressed

sad



### 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/ ?

.....