



PERÚ

Ministerio de Educación

APRENDO en casa

LEARNING EXPERIENCE 3

English: Level Pre A1

Let's Reduce Stress



Activity 1: What to Do?

LET'S OBSERVE!

Look at the emoji and answer the question.

How is he today?



1. stressed



2. sad



3. happy

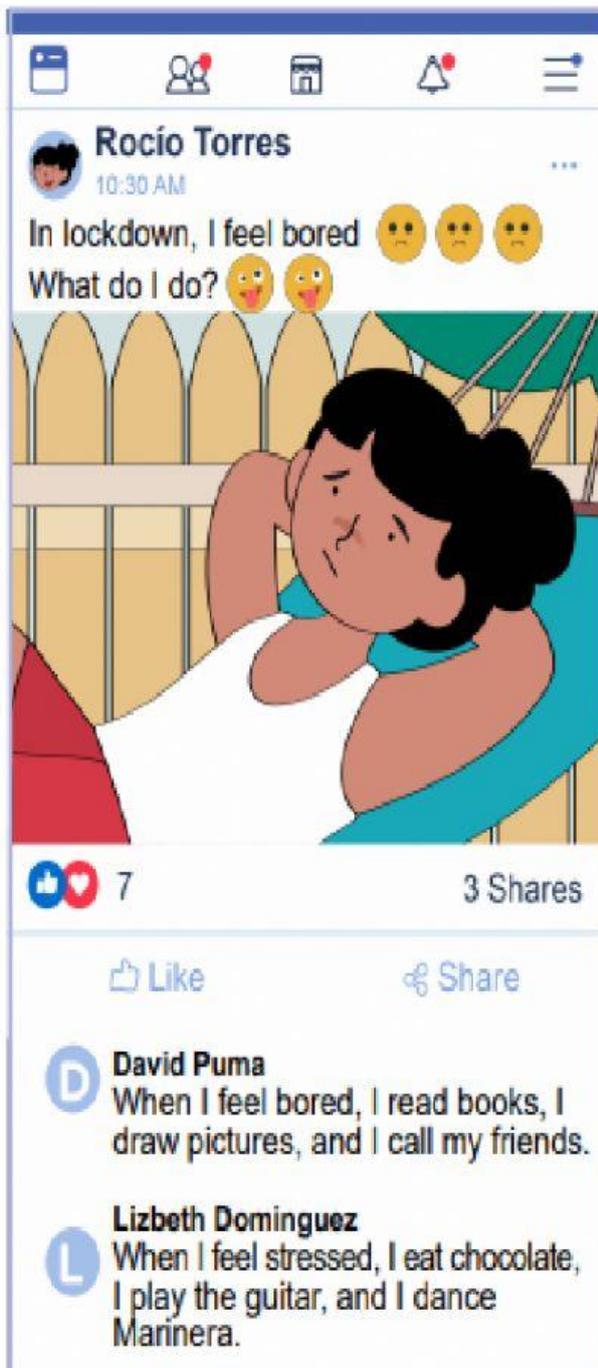


4. bored

Today he is

LET'S LISTEN AND READ!

Listen to and read the posts.



A screenshot of a Facebook post by Rocío Torres. The post text says: "In lockdown, I feel bored 😞😞😞 What do I do? 😊😊". The image shows a woman with dark hair in a bun, wearing a white shirt and a blue shawl, sitting on a boat with a yellow fence in the background. She has a bored expression. The post has 7 likes and 3 shares. Below the post are two comments: David Puma and Lizbeth Dominguez.

Rocío 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.



A screenshot of a Facebook post by Lester Fernández. The post text says: "In lockdown, I feel stressed!!! 😞😞 What do I do? 😊😊". The image shows a man with dark hair, wearing a black sweater over a blue collared shirt, with his right arm raised. He has a stressed expression. The post has 7 likes and 3 shares. Below the post are two comments: Robert Gonzales and Susy Guerrero.

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

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

1. Rocio Torres

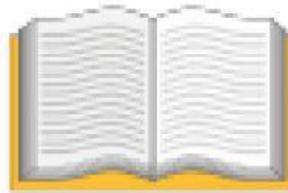


A. Bored



B. Happy

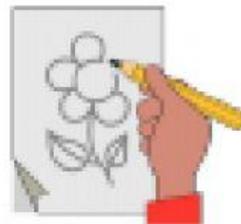
WHAT DO I DO?



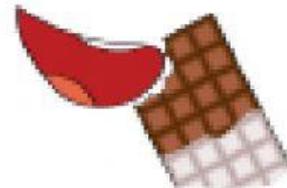
read books



sing



draw pictures



eat chocolate

2. Lester Fernández



A. Sad



B. Stressed

WHAT DO I DO?



call friends



help my mom



listen to the radio

