



English: Pre A1 Level

Let's Reduce Stress

Activity 2: Move to relax

Competence: Communicate orally

Capacity: Identify information from an audio.

Performance: Listen and Identify actions to feel happy.

Propósito: Identify feelings and actions to feel happy..

NAME:

1st Grade

Section:

LISTENING COMPREHENSION: Listen to Alisa and Miguel and select the correct option.



1. How do I feel?

Example:

a. I feel bored.

b. I feel stressed.

2. What activities do I do?

a. I read books.

c. I play the piano

e. I chat with my friends.

b. I read comics.

d. I play the guitar.

f. I call my friends.



3. How do I feel?

a. I feel stressed.

b. I feel sad.

4. What activities do I do?

a. I sing.

c. I help my father.

e. I play with my sister.

b. I dance.

d. I help my brother

f. I play with my brother.

Comment two actions on Alisa and Miguel's posts. Use "and" as a connector:

Alisa Kozel
10:30 AM

I hate this lockdown! 😞 What do I do?
#Quarantine #2021 #Ukraine

7
3 Shares

Like
 Share

Example:
Rodrigo Fernandez
In lockdown, I chat with my friends
and eat chocolate.

(Your name)
In lockdown, I

Miguel Alayo
11:30 AM

In lockdown, I feel stressed 😞😞😞
What do I do? #Quarantine #2021
#Huancavelica

7
3 Shares

Like
 Share

(Your name)
In lockdown, I