



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:

2nd 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

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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

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(Your name)
In lockdown, I