



PERÚ

Ministerio
de Educación

APRENDO
en casa

| LEARNING EXPERIENCE 3

| English: Level A1

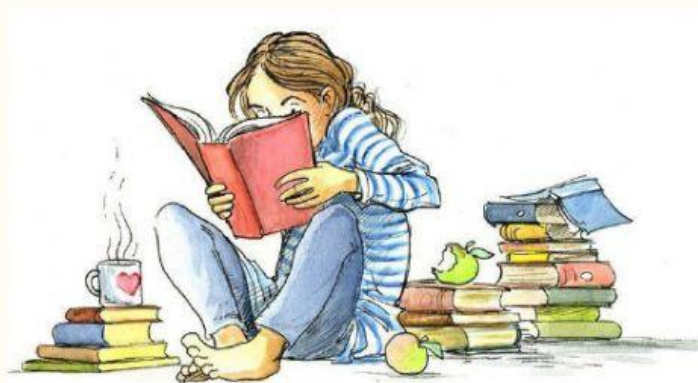
Let's Reduce Stress



Activity 2: Move to Relax!

LEAD IN: How do you reduce stress?

Complete the sentence.



When I feel stressed,

* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.

DIRECCIÓN DE EDUCACIÓN SECUNDARIA

LIVEWORKSHEETS



LET'S PRACTISE!

PRACTISE-EXERCISE 1

LISTENING COMPREHENSION

Listen and check the correct information.

El audio está disponible en la sección Recursos para mi aprendizaje



How do I feel?

- A. ☐ B. ☐ C. ☒

Example:

1. Reasons

- A. I don't walk in the park. ☐
 B. I don't go to the movies. ☐
 C. I don't see my friends. ☐
 D. I don't play in the park. ☐

2. What do I do?

A. ☐B. ☐C. ☐D. ☐

3. How do I feel?

- A. ☐ B. ☐ C. ☐

4. Reasons

- A. I don't see my grandmother. ☐
 B. I don't go to school. ☐
 C. I don't go to the movies. ☐
 D. I don't visit my grandfather. ☐

5. What do I do?

A. ☐B. ☐C. ☐D. ☐



PRACTISE-EXERCISE 2

Look at the pictures and check (✓) the correct description.

Example:



I play the guitar. ☐

I play the piano. ☒



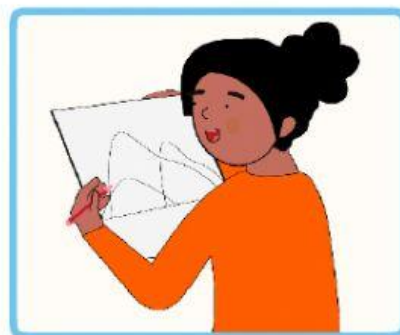
I cook. ☐

I dance. ☐



I do exercises. ☐

I go shopping. ☐



I draw pictures. ☐

I read books. ☐

PRACTISE-EXERCISE 3

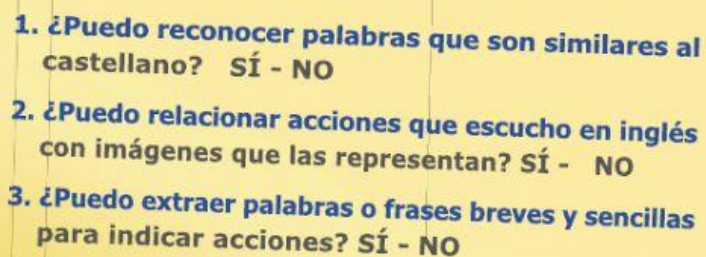
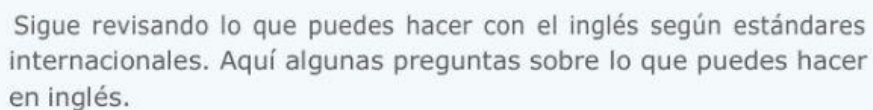
Complete the conversation.

Hi Alonso. I stressed.
What do I ?



Oh no! 😞
I feel stressed, I listen to music
 do exercises.





Continue with Activity 3.

