



Let's Reduce Stress

Full Name:



Activity 2: Move to Relax!

LEAD IN: How do you reduce stress?

Write three action you do during lockdown.

For example:

In lockdown, I draw pictures

- 1)
- 2)
- 3)

LET'S PRACTISE!

PRACTISE EXERCISE 1

Listen to Alisa and Miguel and select the correct option.

ALISA, 15
Kramatorsk – Ukraine

1) How do I feel?

Example: a. I feel bored b. I feel stressed

2) What activities do I do?

a. I read books. b. I read comics c. I play the piano.
d. I play the guitar e. I chat with my friends
f. I call my friends

MIGUEL, 14
Huancavelica – Peru

3) How do I feel?

a. I feel stressed. b. I feel sad

2) What activities do I do?

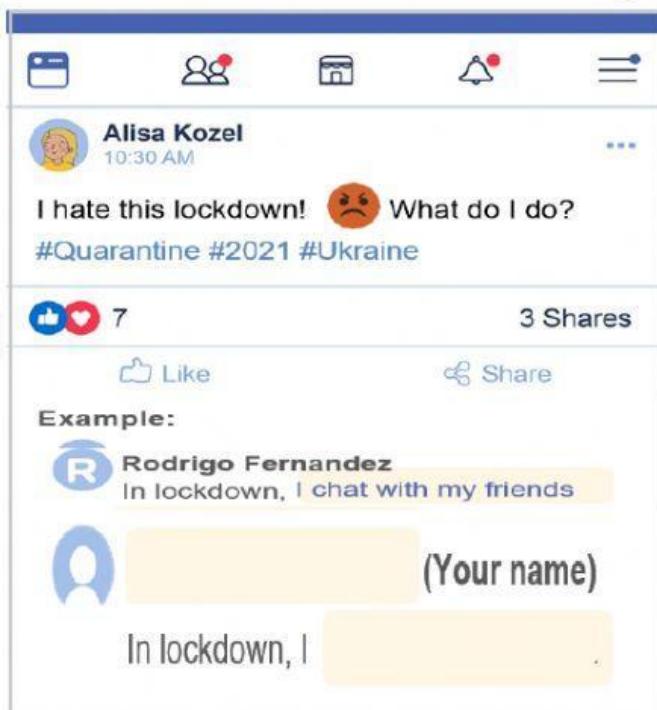
a) I sing. b) I help my father. c) I play with my sister.
d) I dance e) I help my brother f) I play with my brother.

Junio 2021

"93 YEARS EDUCATING FROM LIFE TO LIFE"

PRACTISE-EXERCISE 2

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

(Your name)
In lockdown, I

Example:

In lockdown, I do exercises **and** study from home.

Order the following sentences

Comics **and** I read the piano play I

With I the guitar **play** **and** I friends chat



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

In lockdown, I read books **and** I play The piano.

A song I play with I **sing** **and** sister my

Sister with my I **and** dance my I father help

GOOD LUCK

Junio 2021