



PERÚ

Ministerio
de EducaciónDirección Regional de
Educación AncashUnidad de Gestión
Educativa Local SantaAPRENDO
en casa

LEARNING EXPERIENCE 3

Student's name: _____

Grade: " _____ "

Teacher's name: Lady Liliana Untal Escobedo.

English level: A1

Let's Reduce Stress

COMPETENCIA: The student writes different types of texts in English.**PROPÓSITO DE LA SESIÓN:** Comprende textos breves y sencillos en inglés deduciendo el léxico y las estructuras a fin de elaborar un texto con un testimonio sobre las actividades que realiza para reducir el estrés.

NEGATIVE

He	+	does not doesn't	feel	bored
She			feel	stressed
It			feel	sleepy
I	+	do not don't	feel	sad
You			feel	confused
We			feel	thirsty
You			feel	good
They			feel	disappointed

AFFIRMATIVE

He	feels	tired
She	feels	confused
It	feels	hungry
I	feel	scared
You	feel	surprised
We	feel	hungry
You	feel	embarrassed
They	feel	proud

YES / NO QUESTION:

Do you feel bored?

Does she feel disappointed?

SHORT ANSWER:

Yes, I do / No, I don't

Yes, she does / No, she doesn't

LONG ANSWER:

Do they feel sleepy?

Does she feel confused?

Does he feel stressed?

No, They don't feel sleepy. They feel hungry.

No, she doesn't feel confused. She feels embarrassed.

Yes, he feels stressed.

Activity 1: Move to relax

LEAD IN:

How do you reduce stress?



CLIMB



DIVE



SKATE



RIDE A HORSE



RIDE MY BIKE



SING A SONG



SAIL



ROLLERBLADE



SURF



SURF THE NET



SWIM



PLAY THE GUITAR



PLAY THE VIOLIN



PLAY THE PIANO



JUMP



PLAY TENNIS

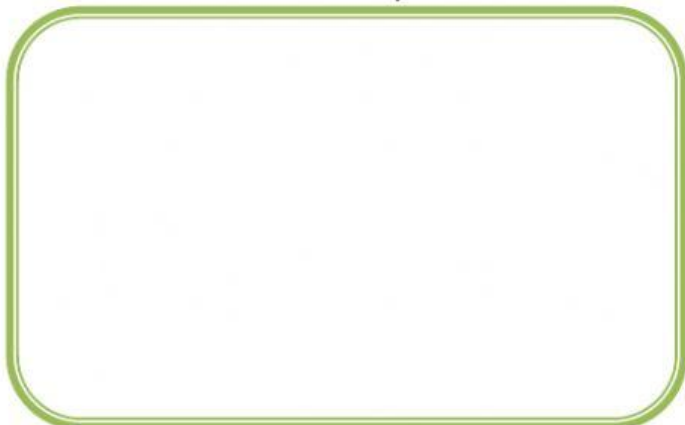


PLAY FOOTBALL



PLAY BASKETBALL

1. Draw one action and complete the sentence



When I feel stressed ,I _____

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. ☒ D. ☐

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. ☐ D. ☐

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.



Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas sobre lo que puedes hacer en inglés.



1. ¿Puedo reconocer palabras que son similares al castellano? **SÍ - NO**
2. ¿Puedo relacionar acciones que escucho en inglés con imágenes que las representan? **SÍ - NO**
3. ¿Puedo extraer palabras o frases breves y sencillas para indicar acciones? **SÍ - NO**