



### 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!

#### 1.- Fill in - do, does, don't, doesn't

- I \_\_\_\_\_ do my homework in the morning.
- She \_\_\_\_\_ spend her free time with her friends.  
She prefers reading books.
- \_\_\_\_\_ you often do the shopping?
- \_\_\_\_\_ her mother work in the bank?
- We \_\_\_\_\_ play tennis after school.
- My parents \_\_\_\_\_ live in a flat. They have a house.
- \_\_\_\_\_ your teacher speak German?
- He \_\_\_\_\_ do karate.
- Susan \_\_\_\_\_ learn Spanish at school.
- My brothers \_\_\_\_\_ like to drink milk.
- I \_\_\_\_\_ like to walk with my dog.
- Ann \_\_\_\_\_ like jazz music but she likes pop music.
- \_\_\_\_\_ she play the saxophone?" "No, she \_\_\_\_\_".
- He \_\_\_\_\_ go to school on Sunday.
- What \_\_\_\_\_ you have for dinner?

### What do they do on the weekend?

2.- Look at the pictures and order the following sentences.



plays he and the football She guitar plays the.



Mario



Iris

rides bike her surfs Iris and Mario the net.



Sara



kelly

likes and to sing kelly songs Sara swims likes to

### 3.- Complete the dialogues with the words from the box.

Dad: Hey, are you okay, Tom? You don't look well.

Tom: I feel \_\_\_\_\_ about my math test.

Dad: You should relax and try to stay \_\_\_\_\_.

Tom: Well then, can you help me \_\_\_\_\_?

nervous  
study  
calm

Dad: I'm so \_\_\_\_\_. There is nothing to do.

Tom: I'm \_\_\_\_\_. Why don't you watch TV?

Dad: Huh?

Tom: I hear there's a great movie on Netflix called  
"Planet of the Grapes!" Let's \_\_\_\_\_ it!

watch  
surprised  
bored

### 4.- Match the questions to the answers.

1. What time does she get up?
2. How does she go to school?
3. Does she have breakfast every day?
4. What does she do in the afternoon?
5. When does she go to bed?

- A. She goes to bed at 10:00.
- B. She walks to school.
- C. She gets up at 7:00.
- D. No, she doesn't.
- E. She does her homework.

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.





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**