



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez CarriónI.E. San Nicolás
HuamachucoAPRENDO
en casa

ENGLISH: Level A1

WEEK 11 — Experience 03

LET'S REDUCE STRESS

ACTIVITY 02

Move to Relax!

LEAD IN
HOW DO YOU REDUCE STRESS?MATCH the action with its appropriate name.

draw

sing



dance

Call my friends

LET'S PRACTICE!
LISTENING COMPREHENSIONExercise 1 LISTEN to Alisa and Miguel and CHECK the correct information.

ALISA, 15

Kramatorsk – Ukraine

How do I feel?

A.



B.



Example:

C.



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.

☐
☐
☐
☐

What do I do?



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.



What do I do?



Exercise 2

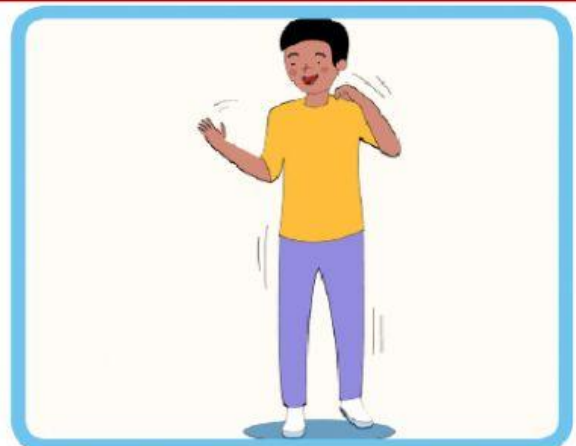
Look at the pictures and check (✓) the correct description.



I play the guitar.



I play the piano.



I cook.



I dance.





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I do exercises.

I go shopping.



I draw pictures.

I read books.

Exercise 3 DRAG and DROP to complete the conversation.

and

feel

do

when

Hi Alonso. I stressed.
What do I ?



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



GLOSSARY

Listen to the English words, then record your own voice.

INGLÉS

1. Call my friends

2. dance

3. do exercises

4. draw

5. eat

6. hate

7. help

8. I feel bored

9. I feel happy when ...

10. I feel stressed

11. sad

12. Sorry to hear that!

13. What do I do?

CASTELLANO

Llamar a mis amigas(os)

bailar

hacer ejercicios físicos

dibujar

comer

odiar

ayudar

Me siento aburrida(o)

Me siento feliz cuando ...

Me siento estresada(o)

triste

¡Lamento escuchar eso!

¿Qué hago?

