

Name _____ Grade _____

REDUCE STRESS

WORD SEARCH

Look at the pictures and find the correct verb in the word search.



1. I

books.



2. I

pictures.



3. I

exercises.



4. I

my grandfather.

F	R	P	G	L	O	S
V	E	O	W	N	O	F
E	A	F	R	T	A	H
R	D	H	R	M	G	E
E	H	R	C	I	G	L
H	X	N	A	L	D	P
X	N	G	K	W	O	E



HILDA:

Hi Roberto!

ROBERTO:

Hi Hilda.

HILDA:

How do you feel today?

ROBERTO:

I feel stressed.

HILDA:

Oh no! Sorry to hear that!

ROBERTO:

I don't feel good. I don't see my friends and I don't play in the park.

HILDA:

I see ...

ROBERTO:

How do you reduce stress Hilda?

HILDA:

Well, when I feel stressed, I read books, I draw pictures, and I help my mom.

ROBERTO:

I feel good when I help my grandfather.

HILDA:

Good idea, help your family!

ROBERTO:

Thank you Hilda!

HILDA:

No problem, my friend.



Write **A** for Hilda and **B** for Roberto.



READ BOOKS
Example: **A**



1. DRAW PICTURES



2. HELP MY MOM



3. HELP MY
GRANDFATHER



4. STUDY FROM
HOME



5. FEEL
STRESSED

Check (✓) true or false.



STATEMENTS

TRUE

FALSE

Example:

I read books.



1. I draw pictures.

2. I help my grandfather.

3. I read comics.

4. I help my grandfather.