

### ACTIVITY 3: REDUCE STRESS

| COMPETENCIA | LEE DIVERSOS TIPOS DE TEXTOS EN INGLÉS COMO LENGUA EXTRANJERA.📖                                                                                                                                                                                                                                                                                |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PROPOSITO   | <ul style="list-style-type: none"> <li>✓ Comprender textos breves y sencillos, deduciendo el léxico y las estructuras, a fin de organizar oraciones en presente simple.</li> </ul>                                                                                                                                                             |
| CRITERIOS   | <ul style="list-style-type: none"> <li>✓ Obtiene información relevante de la conversación.</li> <li>✓ Infiere e interpreta información de la conversación sobre sentimientos y actividades para manejar el estrés.</li> <li>✓ Brinda información sobre los sentimientos y actividades para reducir el estrés durante la cuarentena.</li> </ul> |

#### LEAD IN!

#### CROSSWORD PUZZLE

1. Look at the pictures, unscramble the correct action and complete the crossword.

ACROSS: ➡



1. (awrd)= \_\_\_\_\_

I \_\_\_\_\_ pictures.



2. (phel)= \_\_\_\_\_

I \_\_\_\_\_ my grandfather.



3. (od)= \_\_\_\_\_

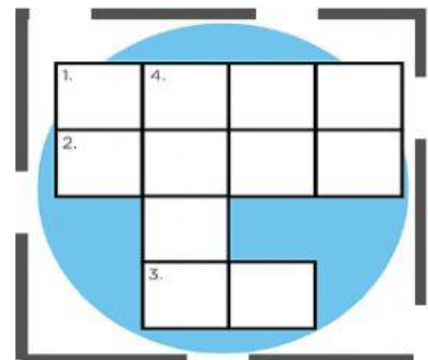
I \_\_\_\_\_ exercises.

DOWN: ⬆



4. (eard)= \_\_\_\_\_

I \_\_\_\_\_ books.



2. Answer the question

In your opinion. What's the best activity to reduce stress?

In my opinion, the best activity is to:

## LEARNING EXPERIENCE 3

### Let's Reduce Stress

#### LET'S LISTEN AND READ:



#### 3. Listen to and read the conversation.

 Hi Roberto.

 Hi Hilda. How do you feel in lockdown?

 Well, I feel stressed.

 Sorry to hear that!

 What do I do Roberto?

 Well, when I feel stressed, I do exercises and read books.

 Mmmmm....

 I play the guitar and listen to music.

 Oh, I love music! I listen to the radio.

 Good!

 Thank you, Roberto!

 No problem, my friend.

# LEARNING EXPERIENCE 3

## Let's Reduce Stress

### LET'S UNDERSTAND!

1. Read and write H or R.



HILDA

H



ROBERTO

R

|                                                                                                                                        |                                                                                                                                    |                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|  <p>1. DO EXERCISES</p> <input type="text"/>          |  <p>2. PLAY THE GUITAR</p> <input type="text"/>   |  <p>3. READ A BOOK</p> <input type="text"/>     |
|  <p>4. LISTEN TO THE RADIO</p> <input type="text"/> |  <p>5. LISTEN TO MUSIC</p> <input type="text"/> |  <p>6. FEEL STRESSED</p> <input type="text"/> |

2. Read and complete sentences.



HILDA

- I feel .
- I  the radio.



ROBERTO

Example:

I  read  books.

- I do  and read .
- I  the guitar and listen to .

## NOTAMOS ALGO

¿Cómo puedo crear una oración en inglés?

**I play volleyball.**

SUJETO + VERBO + COMPLEMENTO



- Put in order these affirmative sentences:

1



read / I / books

---

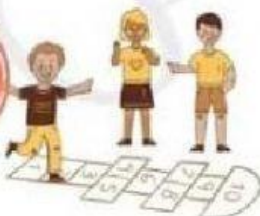
2



my grandfather / help / I

---

3



with my friends / I / play

---

4



I / pictures / draw

---

## LEARNING EXPERIENCE 3

### Let's Reduce Stress

LET'S REFLECT!



1. ¿Puedo relacionar acciones con imágenes que las representan? **SÍ - NO**
2. ¿Puedo copiar información de un texto para completar oraciones? **SÍ - NO**