



PERÚ

Ministerio
de Educación

SESION 8

ENGLISH LEVEL - PRE "A1"

APRENDO
en casa

LEARNING EXPERIENCE 3

LET'S REDUCE STRESS

ACTIVITY 3: REDUCE STRESS?

DESAFIO: Crea un testimonio corto en inglés y ayuda a otras personas a proteger su salud mental y física.

LEAD IN: Crossword puzzle

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

ACROSS



1. I (AWRD) draw picture



2. I (PHEL) my grandfather

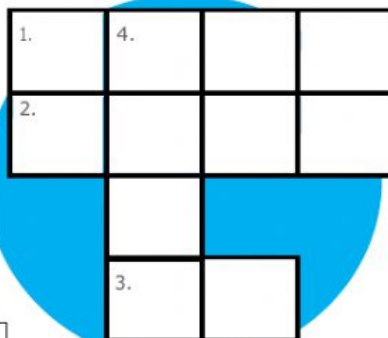


3. I (OD) exercises.

DOWN



4. I (EARD) books.



LET'S LISTEN AND READ:

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.



LIVEWORKSHEETS

LET'S UNDERSTAND!

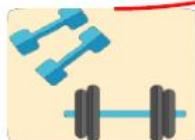
UNDERSTAND EXERCISE 1:

Read the conversation and **match** the actions for Hilda and Roberto.

Hilda



Roberto



1. DO EXERCISES



2. PLAY THE GUITAR



3. READ A BOOK



4. LISTEN TO THE RADIO



5. LISTEN TO MUSIC



6. FEEL STRESSED

UNDERSTAND-EXERCISE 2

Read the conversation and **complete** the statements..



HILDA

1. I feel .

2. I the radio.



ROBERTO

Example:

I read books.

1. I do and read .

2. I the guitar and listen to .

Teacher: Eufemia Mamani – EBLR.