

**"Aprendo en Casa"**

**ACTIVITY N° 3 How do you reduce stress in lockdown?**

Student: \_\_\_\_\_ Grade and Section: 4th \_\_\_\_\_

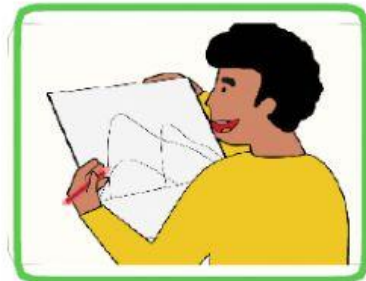
Teacher : \_\_\_\_\_ Date: June \_\_\_\_\_

COMPETENCE	CAPACITY	PURPOSE
<ul style="list-style-type: none"> <li>➤ Se comunica oralmente mediante textos orales breves en inglés</li> </ul>	<ul style="list-style-type: none"> <li>➤ Interactúa estratégicamente con distintos interlocutores</li> </ul>	<ul style="list-style-type: none"> <li>➤ Conocerán las estructuras gramaticales del Present Simple así como las actividades de tiempo libre durante la pandemia.</li> </ul>
<ul style="list-style-type: none"> <li>➤ Lee diversos tipos de textos escritos en inglés como lengua extranjera.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Obtiene información del texto escrito.</li> </ul>	

**I.- Look at the picture and match the pairs :**



She does exercises



He helps his grandfather



She reads a book



He draws a picture

## II.- Let's listen and read



- 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.



## III.-LET'S UNDERSTAND! UNDERSTAND-EXERCISE 1

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



HILDA (A)



READ BOOKS

EXAMPLE :A



1.-DRAW  
PICTURES

A B



2.-HELP MY  
MOM

A B

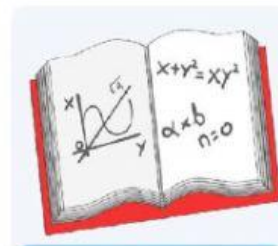


ROBERTO (B)



3.-HELP MY  
FATHER

A B



4.-STUDY FROM  
HOME

A B



5.-FEEL  
STRESSED

A B

## IV.-Choose the best option



**1.-Does Hilda read books ?**

- a) No,she doesn't.
- b) Yes,she does.



**2.- Does Hilda draw pictures?**

- a) Yes,she does .
- b) No,she doesn't.



**3.- Does Hilda help her grandfather ?**

- a) No, she doesn't.
- b) Yes,she does.



**4.- Does Roberto read comics ?**

- a) Yes,he does
- b) No,he doesn't



**5.- Does Roberto help his grandfather?**

- a) No,he doesn't
- b) Yes, he does