



LEARNING EXPERIENCE 3

Student's name: _____

Grade: " _____ "

Teacher's name: *Lady Liliana Untal Escobedo.*

English level: *A1*

Let's Reduce Stress

COMPETENCIA: The student reads and listens simple written and oral texts in English.

PROPÓSITO DE LA SESIÓN: Comprende textos breves y sencillos en inglés deduciendo el léxico y las estructuras, a fin de elaborar un texto con un testimonio sobre las actividades que realiza para reducir el estrés.

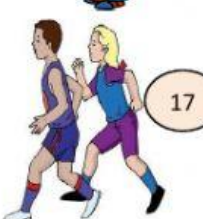
LEAD IN:

What do they like doing in their free time?



1.- Look at the pictures and complete the sentences with an action verb.

- 1- He likes to music.
- 2- She likes food.
- 3- He likes TV.
- 4- He likes the flute.
- 5- They like chess.
- 6- He likes the piano.
- 7- He likes photographs.
- 8- He likes the mountain.
- 9- She likes the net.
- 10- They like table tennis.
- 11- They like cards.
- 12- They like out.
- 13- She likes books.
- 14- He likes his bike.
- 15- He likes his kite.
- 16- They like for walks.
- 17- They like for a run
- 18- He likes a horse.



LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

1. - Read the text and answer the questions:

This is my grandfather

Hello everyone! My name is Liliana and this is my grandfather! His name is Tim and he is my best friend. My grandfather is sixty-four years old and he is retired now, so he has plenty of time to be and play with me. I love him very much and I know he loves me too. We usually spend a lot of time together.

He is a widow and he lives with me, my father, my mother and my brother Kevin. We live in a big house in the downtown of Chimbote. My grandfather is a very tall and strong man! He is a patient and caring man and sometimes I think he is a magician. He's always guessing what I want to do or to eat or what I feel inside!... When I am sad, he always makes me laugh with his funny faces. He puts me on his shoulders, he tells me many stories (I know they are imaginary, but I pretend they are real!), he even sings for me!

Every day my grandfather Tim prepares my breakfast, he drives me school and picks me up at the end of classes, he helps me with my school work, he takes me to the swimming-pool, he plays chess with me and he counts the stars with me. You know, my grandfather is the only grown-up I know who truly understands me. I love him very much!

1. How old is Liliana's grandfather?

2. Who is Kevin?

3. Where does Liliana live?

4. Is Liliana's grandfather strong?

5. What does Liliana's grandfather do when she is sad?

6. Does her grandfather tell her real stories?

7. How does Liliana go to school?

8. Who prepares Liliana's breakfast?

2. True or False? Correct the false ones.

1. Liliana's grandfather is named John.

2. He is a teacher.

3. They spend a lot of time together.

4. Liliana has got a sister.

5. Her grandfather lives alone.

6. She thinks her grandfather is a magician.

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.

3. Listen again and write what are the activities that Hilda do to reduce stress:

1. Hilda _____

2. _____

3. _____

Write what activities Roberto can't do:

4. Roberto _____

5. _____

How does Roberto feel today?

4. Fill in the blank with the correct option.

1. People often smile when they are _____.
2. People often cry when they are _____.
3. People often yawn when they are _____.
4. People often blush when they _____.
5. People often frown when they are _____.
6. People often make funny faces when they are _____.
7. People often shake their fists when they are _____.

sleepy, sad, silly, happy,
angry, embarrassed, upset



Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas sobre lo que puedes hacer en inglés.



1. ¿Puedo reconocer palabras y frases de uso común si están acompañadas de imágenes? **SÍ - NO**
2. ¿Puedo relacionar acciones escritas en inglés con imágenes que las representan? **SÍ - NO**
3. ¿Puedo indicar si es verdadero o falso que se realizan algunas actividades? **SÍ - NO**