

AREA : INGLES

TEMA : LET'S REDUCE STRESS

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EXPECTED LEARNING

Propósito : Comprender textos cortos en inglés deduciendo el léxico y las estructuras para elaborar un testimonio sobre las acciones que no puedes hacer en confinamiento y las actividades que *realices para reducir el estrés*.

Reto : Crear un testimonio breve en inglés sobre las acciones que te ayudan a manejar el estrés y ayudar a otras personas a proteger su salud mental y física.

LESSON 4

LET'S REDUCE STRESS

LEAD IN:

CHECK THREE ACTIONS THAT HELP YOU REDUCE STRESS.



EXERCISE 1: LOOK AT THE PICTURE AND COMPLETE THE SENTENCES



I don't



I don't



I don't



I don't



"Donde hay un Barranquino, late un corazón Billinghurino"



EXERCISE 2: READ AND SELECT THE CORRECT ANSWER



Hi everybody! My name is Joshua. In lockdown, I don't see my friends and I don't play in the park. I feel very stressed.

What should I do? Well, I feel happy when I do these activities: I do exercises in my garden, I draw my favorites superheroes, and I read books online.

1. In lockdown, I

- A. don't see my teachers.
- B. don't see my family.
- C. don't see my friends.

2. I feel happy when ...

- A. I do exercises in the park.
- B. draw my favourite superheroes.
- C. I read the newspaper.

LET'S CREATE

STEP 1

COMPLETE THE PARAGRAPH WITH THE ACTIONS YOU DON'T DO IN LOCKDOWN

In lockdown I feel .
I don't .



STEP 2

DRAW AND WRITE THREE ACTIONS YOU DO TO REDUCE STRESS.



Example: I play the guitar.

1. I ,
and

STEP 3 – HOW DO YOU FINISH YOUR STEP

COMPLETE THE PHRASE.

That makes me feel I happy.



STEP 4

PRESENT YOUR FINAL PRODUCT IN CLASS.

"Donde hay un Barranquino, late un corazón Billinghurstino"