

Let's Reduce Stress

GLOSSARY



INGLÉS

CASTELLANO

1. bored

2. chess

3. draw

4. Go to the movies

5. Help my grandfather

6. How do you feel today?

7. How does he/she feel?

8. I don't feel good

9. I feel happy when...

10. Read comics

11. Sorry to hear that

12. That makes me feel happy

13. What do I do?

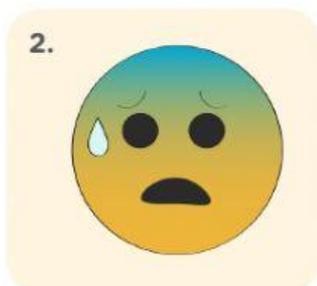
14. When I feel stresses, I ...





Activity 1: What should I Do? LET'S OBSERVE!

Match the emojis with the feelings.



She feels



- A. bored
- B. happy
- C. stressed
- D. sad



Answer the question.

How do **YOU** feel today?



LET'S LISTEN AND READ!

Listen to and read the posts.



El audio está disponible en la sección Recursos para mi aprendizaje

Rocío Torres
10:30 AM

In lockdown, I don't go out, I don't visit my grandfather, I don't see my friends, and I don't play sports 😞. I feel stressed and I hate it. What should I do? 😞😞 Please, help me.

7 Likes 3 Shares

Like Share

D David Puma
Hello Rocío. I'm sorry for you. When I feel stressed, I read comics, I draw my favourite superheroes like Batman or Spiderman, and I call my friends on WhatsApp.

L Lizbeth Dominguez
Oh no! 😞 When I feel stressed, I eat chocolate, I play the guitar and the piano, and dance with my sister.

Lester Fernández
11:30 AM

In lockdown, I feel very bored!!! I don't play with my friends, I don't go to school, I don't go to the movies. What should I do? Help me.

7 Likes 3 Shares

Like Share

R Robert Gonzales
Hi Lester! I am sorry! 😞 When I feel stressed, I watch videos on YouTube and learn to cook.

S Susy Guerrero
My friend! So sorry! When I feel stressed, I play chess with my brother, I listen to the radio, and I dance.

LOOK!
Lockdown:
Quarantine



LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Check (✓) the correct emoji and **complete** the sentence.

| ROCÍO TORRES | | LESTER FERNÁNDEZ | |
|----------------|--|------------------|--|
| | | | |
| I feel _____ . | | I feel _____ . | |

UNDERSTAND-EXERCISE 2

Check (✓) the boxes. Follow the example:

| Example: | Rocío | Lester | David | Robert | Lizbeth | Susy |
|----------------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| I don't play sports. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 1. I play chess with my brother. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I read comics. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I play the guitar | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I learn to cook | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I dance with my sister. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I don't go to the movies. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |