



PERÚ

Ministerio
de Educación

English: Level A2

Let's Reduce Stress



Activity 2: Move to Relax!

LEAD IN: How do you reduce stress?

Complete the sentences with activities you do to relax.

To reduce stress...

Example: I play videogames online.

1.
2.



I draw superheroes



I read a book

I run in the park

I cook spaghetti

I do exercises

**LET'S PRACTISE!****PRACTISE-EXERCISE 1**

Match the pictures with the verbs.

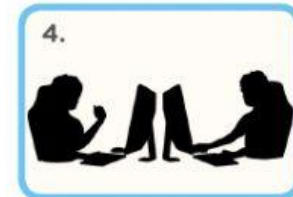
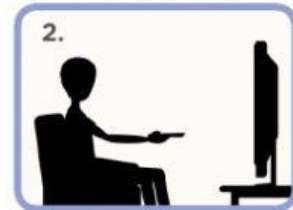
A. Play the guitar

B. Walk

C. Read a book

D. Watch tv/ a movie

E. Play online with friends

**LISTENING COMPREHENSION****PRACTISE-EXERCISE 2**

Listen, look at the pictures and **write** complete sentences.



ALISA, 15
Kramatorsk - Ukraine

REASONS TO FEEL STRESSED IN LOCKDOWN

Example: I don't walk in the park.





1. I don't ...



WHAT SHOULD I DO TO REDUCE STRESS?

2. I read...



3. I play....



4. I watch a series on...





MIGUEL, 14
Huancavelica - Peru

REASONS TO FEEL STRESSED IN LOCKDOWN

1. I don't go to ...



WHAT SHOULD I DO TO REDUCE STRESS?

2. I play the ...



3. I look at the ...





4. I play with my ...



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 que son similares al castellano? **SÍ - NO**
2. ¿Puedo identificar información esencial de un texto que escucho? **SÍ - NO**
3. ¿Puedo relacionar acciones con imágenes que las representan? **SÍ - NO**

This is the end
of Activity 2.
Bye- bye!

Continue with
Activity 3.

