



PERÚ

Ministerio
de Educación

APRENDO
en casa

LEARNING EXPERIENCE 3

English: Level Pre A1

Let's Reduce Stress



Activity 3: Reduce Stress LEAD IN: Crossword puzzle

Look at the pictures, **unscramble** the correct action and **complete** the crossword.

ACROSS:



1. | (AWRD)

pictures.



2. | (PHEL)

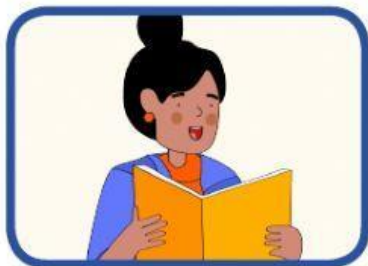
my grandfather.



3. | (OD)

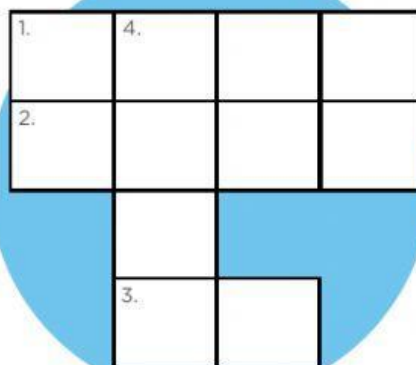
exercises.

DOWN:



4. | (EARD)

books.



* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.

DIRECCIÓN DE EDUCACIÓN SECUNDARIA

LIVEWORKSHEETS



LET'S LISTEN AND READ:

Listen to and read the conversation.



El audio está disponible en la sección Recursos para mi aprendizaje

	Hi Roberto.	Hi Hilda. How do you feel in lockdown?	
	Well, I feel stressed.	Sorry to hear that!	
	What do I do Roberto?	Well, when I feel stressed, I do exercises and read books.	
	Mmmm....	I play the guitar and listen to music.	
	Oh, I love music! I listen to the radio.	Good!	
	Thank you, Roberto!	No problem, my friend.	



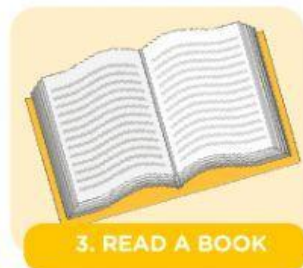
LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Read the conversation and **match** the actions for Hilda and Roberto. Follow the example:



HILDA



ROBERTO

UNDERSTAND-EXERCISE 2

Read the conversation and **complete** the statements. Follow the example.



HILDA

1. I feel _____.
2. I _____ the radio.



ROBERTO

Example:

I **read** books.

1. I do _____ and read _____.
2. I _____ the guitar and listen to _____.