



English: Pre A1 Level

Let's Reduce Stress

Activity 1 : What to do?

Competence: Read various types of text.

Capacity: Identify information from a text.

Performance: Identify vocabulary to describe feelings and activities to reduce stress.

Propósito: Identificar vocabulario para describir estados de ánimo y actividades para reducir el estrés.

NAME:	1st Grade	Section:
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LET'S LISTEN AND READ! : Listen to and read the posts.

Rocío Torres
10:30 AM

In lockdown, I feel bored 😞😞😞
What do I do? 😞😞



7 3 Shares

Like Share

D David Puma
When I feel bored, I read books, I draw pictures, and I call my friends.

L Lizbeth Dominguez
When I feel stressed, I eat chocolate, I play the guitar, and I dance Marinera.

Lester Fernández
10:30 AM

In lockdown, I feel stressed!!! 😞😞
What do I do? 😞😞



7 3 Shares

Like Share

R Robert Gonzales
When I feel stressed, I watch TV, I play chess, and I help my mom.

S Susy Guerrero
When I feel bored, I listen to the radio and I sing.

LET'S UNDERSTAND! : Read the posts and click the correct comments for Rocío and Lester.

1. Rocío Torres

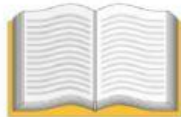


A. Bored



B. Happy

WHAT DO I DO?



read books



sing



draw pictures



eat chocolate

2. Lester Fernández



A. Sad



B. Stressed

WHAT DO I DO?



call friends



help my mom



listen to the radio