

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:		2nd Grade	Section:	
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LET'S LISTEN AND READ! : Listen to and read the posts.

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