

"93 YEARS EDUCATING FROM LIFE TO LIFE"



PERÚ
Ministerio
de Educación

ACTIVITY 1

LEARNING EXPERIENCE 3



APRENDO
en casa

English: Level Pre A1

Let's Reduce Stress

Full Name:

Activity 1: What to do?:

LET'S OBSERVE!

Look at the emoji and answer the question.

How is he today?



A) Stressed



B) Sad



C) Happy



D) Bored

Today he is ...

LET'S LISTEN AND READ!

Listen to and read the posts.

Rocio 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.

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LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Read the posts and check  the correct comments for Rocio (R) and Lester (L)

What do I do?

1. Rocio Torres

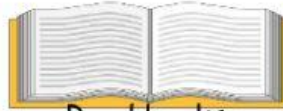


A. Bored



B. Happy

What do I do?



Read books



Sing



Draw pictures



Eat chocolate

2. Lester Fernandez



A. Sad



B. Stressed

What do I do?



Call friends



Help my mom



Listen to the radio

ORDER THE WORDS TO MAKE SENTENCES:

a) Feel / I / happy

.....

b) You / do / How / ? / today / feel

.....

c) That! / to / sorry / hear / I

.....

d) ? / movies / you / go / when / to the / do

.....

GOOD

LUCK