



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez CarriónI.E. San Nicolás
HuamachucoAPRENDO
en casa

ENGLISH: Level Pre A1

WEEK 10 — Experience 03

LET'S REDUCE STRESS

ACTIVITY 01

What to Do?

LET'S OBSERVE!

LOOK at the emoji MATCH and ANSWER the question.



Stressed



Sad

How is he today?



Today, he is



Happy



Bored

LET'S LISTEN AND READ!

Exercise 1 LISTEN TO and READ the posts.



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.



7

3 Shares

Like

Share

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

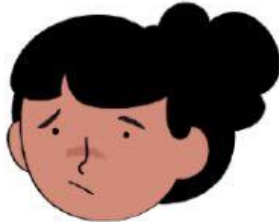
S Susy Guerrero
When I feel bored, I listen to the radio and I sing.

LET'S UNDERSTAND!

Exercise 2

READ the posts and CHECK (✓) the right emotion and WRITE the correct comments for Rocio (R) and Lester (L)

1. ROCÍO TORRES



A. Bored



B. Happy

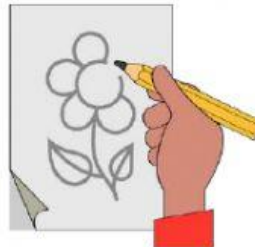
WHAT DO I DO?



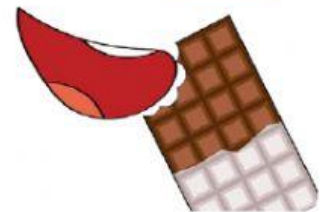
read books



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