



PERÚ

Ministerio
de Educación

APRENDO
en casa

LEARNING EXPERIENCE 3

English: Level Pre A1

Let's Reduce Stress



Activity 1: What to Do?

LET'S OBSERVE!

Look at the emoji and **answer** the question.

How is he today?



1. stressed



2. sad



3. happy



4. bored

Today he is

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!

UNDERSTAND-EXERCISE 1

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

1. Rocío Torres



A. Bored



B. Happy

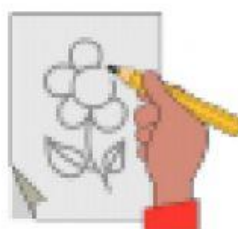
WHAT DO I DO?



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

☐



- This is the end
of Activity 1.
Bye-bye!

A cartoon illustration of a young girl with black hair, wearing a red long-sleeved dress and black leggings. She is holding a yellow book with a red bookmark. She is standing on a light blue oval shadow.

