



ENGLISH: Level A1

WEEK 10 – Experience 03

LET'S REDUCE STRESS

ACTIVITY 01

What to Do?

LET'S OBSERVE!

LOOK at the face of the girl and ANSWER the question.

How is she today?



1. Stressed



2. Bored



3. Sad



4. Happy

Today, she is

LET'S LISTEN AND READ!

Exercise 1

LISTEN TO and READ the posts.

Rocio Torres
10:30 AM

In lockdown, I don't go out, I don't visit my grandfather, and I don't see my friends 😞. I feel stressed. What do I do? 😞😞



7 3 Shares

Like Share

D David Puma
When I feel stressed, I read comics, I draw my favourite superheroes, and I call my friends.

L Lizbeth Dominguez
Oh no! 😞 When I feel stressed, I eat chocolate, I play the guitar, and dance with my sister.

Lester Fernández
11:30 AM

In lockdown, I feel bored!!! 😞😞 I don't play with my friends, I don't go to school, and I don't go to the movies. What do I do? 😞😞😞



7 3 Shares

Like Share

R Robert Gonzales
I am sorry! When I feel stressed, I watch videos and learn how to cook.

S Susy Guerrero
My friend! 😞 When I feel stressed, I play chess, I listen to the radio, and I dance.



LET'S UNDERSTAND!

Exercise 2

READ the posts again and CHECK (✓) the correct box for Rocio and Lester.

1. How does Rocio feel?				
2. How does Lester feel?				

Exercise 3

COMPLETE the chart.

ROCÍO TORRES

How does she feel?

Reasons: Example: I don't go out.

 and

DAVID PUMA

Reasons:

 and

LIZBETH DOMINGUEZ

Reasons:

 and

LESTER FERNANDEZ

How does he feel?

Reasons:

 and

ROBERT GONZALES

Reasons:

 and

SUSY GUERRERO

Reasons:

 and