PERÚ | Ministerio de Educación | SESION 7 | ENGLISH LEVEL-PRE"A1 | APRENDO en casa

LEARNING EXPERIENCE 3
LET´S REDUCE STRESS
ACTIVITY 2: MOVE TO RELAX?

DESAFIO: Crea un testimonio corto en inglés y ayuda a otras personas a proteger su salud mental y física.

LEAD IN: Answer the question.

How do you reduce stress?

Read books

Draw pictures

Sing

Call my friends

Dance

Help my mom

Watch tv

Listen to the radio

Play football

Chat with my friends

Read comics

Play volleyball

Play video games

Eat

run

walk

When I feel stressed: I .....

LET´S PRACTICE!

LISTENING COMPREHENSION.
Listen to Alisa and Miguel and **select** the correct option.

ALISA, 15
Kramatorsk – Ukraine

1. How do I feel?

Example: a. I feel bored
b. I feel stressed

2. What activities do I do?

a. I read books c. I play the piano e. I chat with my friends
b. I read comics d. I play the guitar f. I call my friends

MIGUEL, 14
Huancavelica – Perú

1. How do I feel?

Example: a. I feel stressed
b. I feel sad.

2. What activities do I do?

a. I sing. c. I help my father. e. I play with my sister.
b. I dance. d. I help my brother. f. I play with my brother.

Teacher: Eufemia Manrique – EBR

LIVEWORKSHEETS