



Let's Reduce Stress



Activity 2: Move to Relax!

LEAD IN: How do you reduce stress?

Complete the sentences with activities you do to relax.

To reduce stress...

Example: First of all, I always play videogames online with friends, after that I eat some chocolates or candies. Finally, I watch TV with my family or sometimes I take a nap.



DRINK A COFFEE



RUN IN THE PARK



COOK



READ BOOKS

LET'S PRACTISE!

PRACTISE-EXERCISE 1

Match the pictures with the verbs.

A. Play the guitar

B. Walk

C. Read a book

D. Watch tv/ a movie on YouTube

E. Play online with friends

F. Meditate and relax

G. Sleep well and recharge

H. Join a group

I. Eat well, reduce fast food and caffeine

J. Organize your time a

K. Exercise and move

L. Play volleyball and soccer/football



LISTENING COMPREHENSION

PRACTISE-EXERCISE 2

Listen, look at the pictures and write complete sentences.



ALISA, 15
Kramatorsk – Ukraine

REASONS TO FEEL STRESSED IN LOCKDOWN

I don't





1. I don't ...



WHAT SHOULD I DO TO REDUCE STRESS?

2. I read...



3. I play....



4. I watch





MIGUEL, 14
Huancavelica – Peru

REASONS TO FEEL STRESSED IN LOCKDOWN

1. I don't

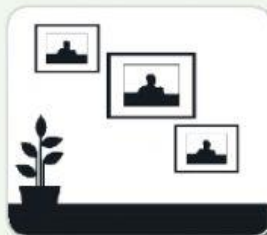


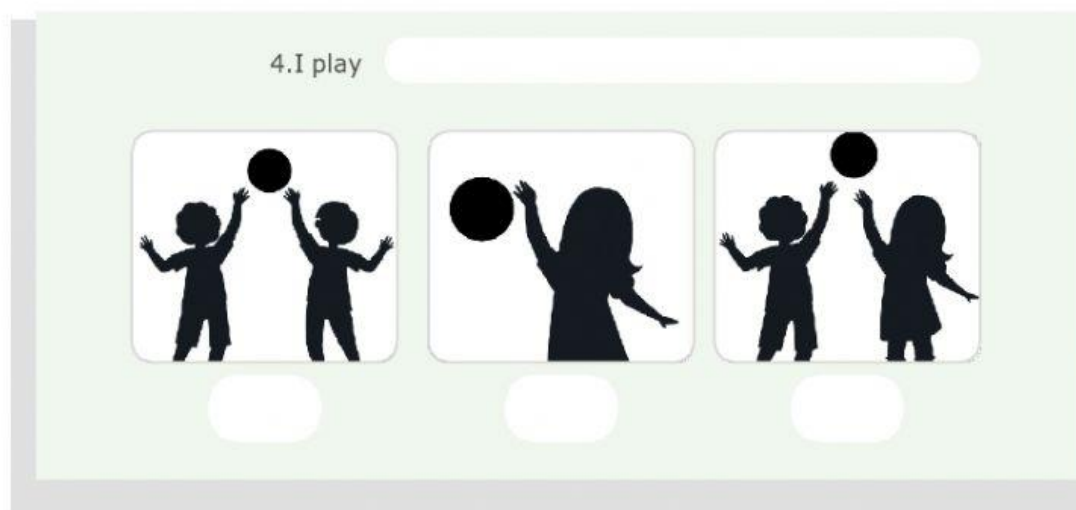
WHAT SHOULD I DO TO REDUCE STRESS?

2. I play the ...



3. I look at the ...





Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas sobre lo que puedes hacer en inglés.



1. ¿Puedo reconocer palabras que son similares al castellano? SÍ - NO
2. ¿Puedo identificar información esencial de un texto que escucho? SÍ - NO
3. ¿Puedo relacionar acciones con imágenes que las representan? SÍ - NO

This is the end of Activity 2.
Bye- bye!

Continue with Activity 3.



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