

"93 YEARS EDUCATING FROM LIFE TO LIFE"



PERÚ

Ministerio
de Educación

LEARNING EXPERIENCE 3

ACTIVITY 2



APRENDO
en casa

English: Level Pre A1

Let's Reduce Stress

Full Name:

Activity 2: Move to Relax!

LEAD IN: How do you reduce stress?

Write three action you do during lockdown.

For example:

In lockdown, I draw pictures

- 1)
- 2)
- 3)

LET'S PRACTISE!

PRACTISE EXERCISE 1

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. b. I read comics c. I play the piano.

d. I play the guitar e. I chat with my friends

f. I call my friends



MIGUEL, 14

Huancavelica – Peru

3) How do I feel?

a. I feel stressed.

b. I feel sad

2) What activities do I do?

a) I sing. b) I help my father. c) I play with my sister.

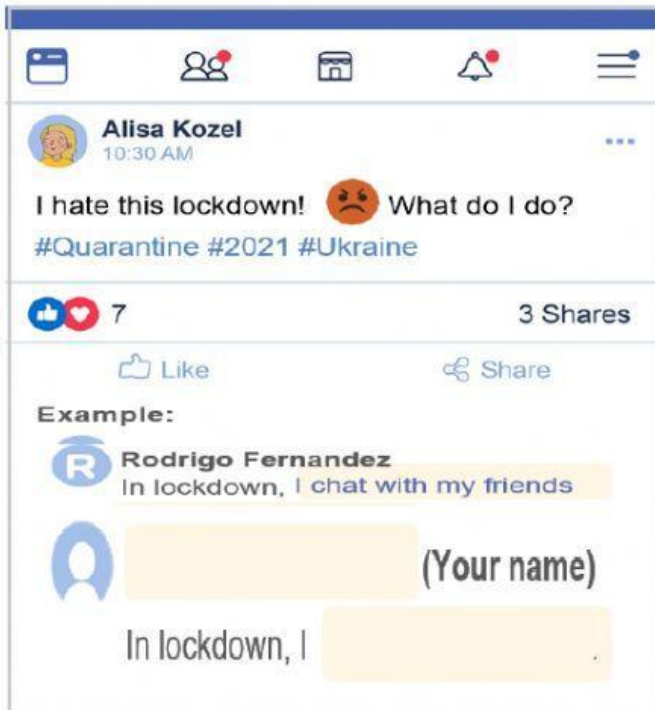
d) I dance e) I help my brother f) I play with my brother.

Junio 2021

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PRACTISE-EXERCISE 2

Comment two actions on Alisa and Miguel's posts. Use "and" as a connector:



A screenshot of a social media post by Alisa Kozel, dated 10:30 AM. The post text is "I hate this lockdown! 😞 What do I do? #Quarantine #2021 #Ukraine". It has 7 likes and 3 shares. Below the post, there is an "Example:" section showing a comment by Rodrigo Fernandez: "In lockdown, I chat with my friends". Below that is a template for a user's comment: "(Your name) In lockdown, I []".

Example:

In lockdown, I do exercises **and** study from home.

Order the following sentences

Comics **and** I **read** the piano play I

With I the guitar **play** **and** I friends chat



A screenshot of a social media post by Miguel Alayo, dated 11:30 AM. The post text is "In lockdown, I feel stressed 😞😞😞 What do I do? #Quarantine #2021 #Huancavelica". It has 7 likes and 3 shares. Below the post, there is a template for a user's comment: "(Your name) In lockdown, I []".

In lockdown, I read books **and** I play The piano.

A song I play with I **sing** **and** sister my

Sister with my I **and** **dance** my I father help

GOOD LUCK

Junio 2021