

ACTIVITY 3: REDUCE STRESS

COMPETENCIA	LEE DIVERSOS TIPOS DE TEXTOS EN INGLÉS COMO LENGUA EXTRANJERA.📖
PROPOSITO	✓ Comprender textos breves y sencillos, deduciendo el léxico y las estructuras, a fin de organizar oraciones en presente simple.
CRITERIOS	✓ Obtiene información relevante de la conversación. ✓ Infiere e interpreta información de la conversación sobre sentimientos y actividades para manejar el estrés. ✓ Brinda información sobre los sentimientos y actividades para reducir el estrés durante la cuarentena.

LEAD IN!

CROSSWORD PUZZLE

1. Look at the pictures, unscramble the correct action and complete the crossword.

ACROSS: ➡



1. (awrd)= _____

I _____ pictures.



2. (phel)= _____

I _____ my grandfather.



3. (od)= _____

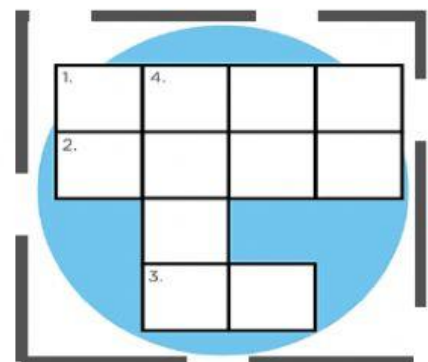
I _____ exercises.

DOWN: ⬆



4. (eard)= _____

I _____ books.



2. Answer the question

In your opinion. What's the best activity to reduce stress?

In my opinion, the best activity is to:

LEARNING EXPERIENCE 3

Let's Reduce Stress

LET'S LISTEN AND READ:



3. Listen to and read the conversation.

 Hi Roberto.

 Hi Hilda. How do you feel in lockdown?

 Well, I feel stressed.

 Sorry to hear that!

 What do I do Roberto?

 Well, when I feel stressed, I do exercises and read books.

 Mmmmm....

 I play the guitar and listen to music.

 Oh, I love music! I listen to the radio.

 Good!

 Thank you, Roberto!

 No problem, my friend.

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Let's Reduce Stress

LET'S UNDERSTAND!

1. Read and write H or R.



HILDA

H



ROBERTO

R

 1. DO EXERCISES	 2. PLAY THE GUITAR	 3. READ A BOOK
 4. LISTEN TO THE RADIO	 5. LISTEN TO MUSIC	 6. FEEL STRESSED

2. Read and complete sentences.



HILDA

- I feel .
- I the radio.



ROBERTO

Example:

I read books.

- I do and read .
- I the guitar and listen to .

NOTAMOS ALGO

¿Cómo puedo crear una *oración en inglés*?

I play volleyball.

SUJETO + VERBO + COMPLEMENTO



- Put in order these affirmative sentences:

1



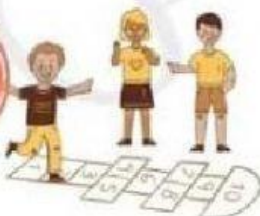
read / I / books

2



my grandfather / help / I

3



with my friends / I / play

4



I / pictures / draw

LEARNING EXPERIENCE 3

Let's Reduce Stress

LET'S REFLECT!



1. ¿Puedo relacionar acciones con imágenes que las representan? **SÍ - NO**
2. ¿Puedo copiar información de un texto para completar oraciones? **SÍ - NO**