



English: Pre A1 Level

Let's Reduce Stress

Activity 3 : Reduce stress

Competence: Read various types of text.

Capacity: Identify information from a text.

Performance: Identify information from a conversation.

Propósito: Interpreta información del texto escrito.

NAME:	1st Grade	Section:
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LET'S LISTEN AND READ:

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.



Mmmm....

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.

UNDERSTAND-EXERCISE 2

Read the conversation and **complete** the statements. Follow the example.

 HILDA	 ROBERTO
Example: I <u>read</u> books. 1. I feel <u> </u>. 2. I <u> </u> the radio.	Example: I <u>read</u> books. 1. I do <u> </u> and read <u> </u>. 2. I <u> </u> the guitar and listen to <u> </u>.