ENGLISH: Level Pre A1

WEEK 12 — Experience 03

LET'S REDUCE STRESS

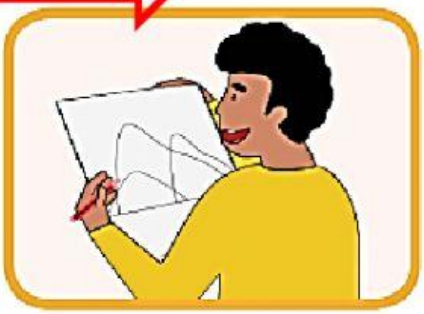
ACTIVITY 03

Reduce Stress!

LEAD IN
CROSSWORD PUZZLE

LOOK at the pictures, **UNSCRAMBLE** the correct action and **COMPLETE** the crossword.

ACROSS:



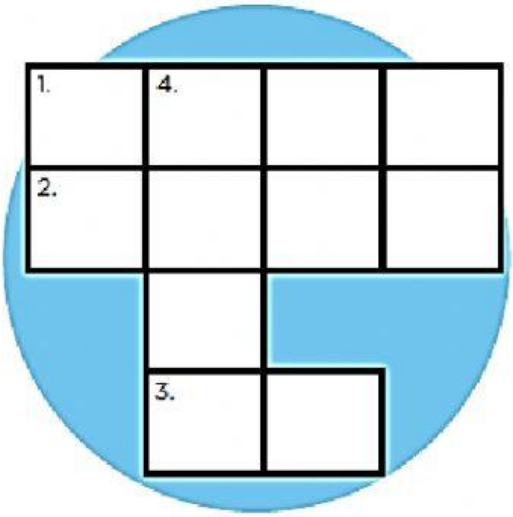
1. I (AWRD) _____ pictures.

2. I (PHEL) _____ my grandfather.

3. I (OD) _____ exercises.

DOWN:

4. I (EARD) _____ books.



LIVEWORKSHEETS

MATCH with the sentences with the actions.

I chat with my friends.

I call friends.

I play the guitar.

I listen to music.

I sing.

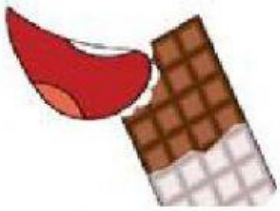
I dance.

I cook.

I eat chocolate.

I study from home.

I learn.



LIVEWORKSHEETS

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.

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.

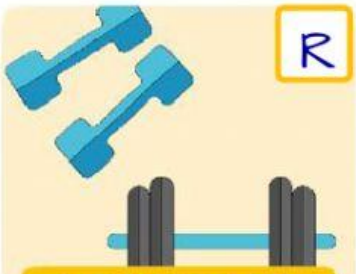
LIVEWORKSHEETS

LET'S UNDERSTAND!

Exercise 1

READ the conversation and WRITE the actions for Hilda "H" and Roberto "R". Follow the examples.

HILDA



1. DO EXERCISES

2. PLAY THE GUITAR

3. READ A BOOK

ROBERTO

4. LISTEN TO THE RADIO

5. LISTEN TO MUSIC

6. FEEL STRESSED

Exercise 2

READ the conversation and COMPLETE the statements. Follow the example.

HILDA

1. I feel _____
2. I _____ the radio.

ROBERTO

Example:

I read books.

1. I do _____ and read _____
2. I _____ the guitar and listen to _____

LIVEWORKSHEETS