



PERÚ

Ministerio
de Educación

GRE La Libertad

UGEL
Sánchez CarriónI.E. San Nicolás
HuamachucoAPRENDO
en casa

ENGLISH: Level A1

WEEK 12 — Experience 03

LET'S REDUCE STRESS

ACTIVITY 03

Reduce Stress!

LEAD IN
WORD SEARCHLOOK at the pictures and FIND the correct verb in the word search.1. I
books.2. I
pictures.3. I
exercises.4. I
my grandfather.

F	R	P	G	L	O	S
V	E	O	W	N	O	F
E	A	F	R	T	A	H
R	D	H	R	M	G	E
E	H	R	C	I	G	L
H	X	N	A	L	D	P
X	N	G	K	W	O	E

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.

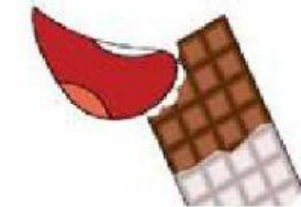
I dance.

I cook.

I eat chocolate.

I study from home.

I learn.



LET'S LISTEN AND READ!

LISTEN TO and **READ** the conversation.



HILDA: Hi Roberto!
ROBERTO: Hi Hilda.
HILDA: How do you feel today?
ROBERTO: I feel stressed.
HILDA: Oh no! Sorry to hear that!
ROBERTO: I don't feel good. I don't see my friends and I don't play in the park.
HILDA: I see ...
ROBERTO: How do you reduce stress Hilda?
HILDA: Well, when I feel stressed, I read books, I draw pictures, and I help my mom.
ROBERTO: I feel good when I help my grandfather.
HILDA: Good idea, help your family!
ROBERTO: Thank you Hilda!
HILDA: No problem, my friend.



LET'S UNDERSTAND!

Exercise 1 CHECK the actions for Hilda and Roberto.



HILDA



READ BOOKS

Example:



1. DRAW PICTURES



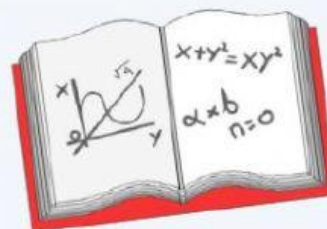
2. HELP MY MOM



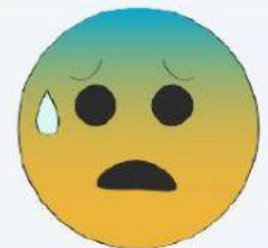
ROBERTO



3. HELP MY
GRANDFATHER



4. STUDY FROM
HOME



5. FEEL
STRESSED



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Exercise 2 CHOOSE True or False.



I read books.

☐


I draw pictures.

☐


I help my grandfather.

☐


I read comics.

☐


I help my grandfather.

☐

Exercise 3 PUT IN ORDER this words to make affirmative sentences.



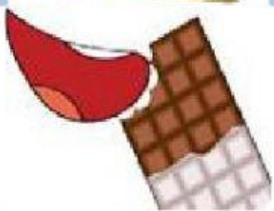
My friends. / I / call



learn / I / from home.



to the radio. / listen / I



chocolate. / I / eat



play / the guitar. / I