LET'S REDUCE STRESS!

I LEARN ENGLISH at home

Activity: Read the text and answer the following questions.

Competence: Lee diversos tipos de textos en inglés como lengua extranjera.

Molly's life in lockdown

This is Molly. She is a 12-year-old student. She lives with her mom, her dad and her little brother. Molly doesn't go to school, but she is taking online classes this year because of the quarantine.

Sometimes she feels sad because she can't do many activities. She doesn't see her friends, she doesn't visit her grandparents and she doesn't play volleyball with her neighbors anymore.

Molly feels stressed too, because she spends many hours in front of the computer, she helps her mom at home and she has so much homework to do.

One day, Molly and her grandmother had a WhatsApp video call and Molly felt happy again. She noticed, she can do many things at home to not feel sad or stressed, so she made a list of activities she can do in lockdown.

On Mondays, she calls her friends; on Tuesdays, she dances Tik Tok videos; on Wednesdays, she reads her favorite books; on Thursdays, she watches Netflix series; on Fridays, she plays the violin; on Saturdays, she helps her mom to cook and on Sundays, she draws cartoons with her little brother.

Molly doesn't feel bad anymore, she feels very happy now!

1. Look at the pictures and read the statements, then write (T) for True and (F) for False. **5pts**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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a) Molly dances TikTok videos on Mondays. ( )
b) Molly reads her favorite books on Wednesdays. ( )
c) Molly calls her friends on Tuesdays. ( )
d) Molly draws cartoons with her brother on Sundays. ( )
e) Molly watches Netflix series on Fridays. ( )

2. Put an "X" in the correct option. **8 pts**

a) Molly feels sad because ...

- [ ] she doesn't visit her grandparents.
- [ ] she has so much homework to do.
- [ ] she calls her grandmother.

b) Molly feels stressed because ...

- [ ] she doesn't see her friends.
- [ ] she plays the violin.
- [ ] she spends many hours in the computer.

c) Molly feels happy because ...

- [ ] she has so much homework to do.
- [ ] she dances TikTok videos.
- [ ] she doesn't play volleyball.

d) Molly feels _____ with her grandmother video call.

- [ ] stressed
- [ ] happy
- [ ] sad

3. Answer the questions. **7pts**

a) How do you feel in lockdown?
I feel_____

b) What activities do you do to reduce stress in lockdown?
In lockdown, I _____ and
_____ to reduce stress.

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