



English: Pre A1 Level

Let's Reduce Stress

Activity 4 : Do it yourself!

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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Match the feelings

I feel sad.

I feel stressed.

I feel happy.

I feel bored.



Order the sentences

- chat / I / with friends
- chocolate / eat / I
- I / soccer / play

Complete the text.

soccer - watch - stressed - listen

- In lockdown, I feel _____. I feel happy when I _____ TV, play _____ and _____ to music.