LET'S REDUCE STRESS

I. READ AND ANSWER THE SENTENCES:

Hi Laura! How are you?

Now, I'm living in Lima, with my parents. I study from home, for the quarentine... but I hate the lockdown, because I can't see my friends.

I feel stressed and bored. I don't know what to do. And you?

Katty

Dear Katty:

I'm fine. Thanks for writing. I feel calm that you answered. Do you feel stressed and bored? Ok, it's normal. But when I feel stressed, I do excersise or yoga, I listen my favorite music or I read a book. I feel relaxed. Try it!

Laura

1. WHO IS LIVING IN LIMA?

A) Laura B) Katty

2. LAURA DOES NOT KNOW WHAT TO DO.

A) True B) False

3. KATTY LOVES THE LOCKDOWN.

A) True B) False

4. LAURA DOES YOGA.

A) True B) False

5. KATTY STUDIES FROM SCHOOL.

A) True B) False

2. WHAT ACTIVITIES LAURA DOES FOR REDUCE STRESS?

1

2

3

4

5

LIVEWORKSHEETS