

LEARNING EXPERIENCE 3 English: Level Pre A1

Let's Reduce Stress

Activity 2: Move to Relax!

LEAD IN: How do you reduce stress?

Play the guitar – walk – read a book – watch TV/ a movie – play online with friends – do exercises – learn how to cook – play chess – play the piano – listen to music – run in the park – play volleyball.



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

Choose one action you do during lockdown. You can include other activities.
For example:



In lockdown, I draw.

In lockdown, I

LET'S PRACTISE!

PRACTISE-EXERCISE 1

LISTENING COMPREHENSION

Listen to Alisa and Miguel and **select** the correct option.



ALISA, 15
Kramatorsk - Ukraine

1. How do I feel?

Example:

a. I feel bored.

b. I feel stressed.

2. What activities do I do?

a. I read books.

c. I play the piano

e. I chat with my friends.

b. I read comics.

d. I play the guitar.

f. I call my friends.



MIGUEL, 14
Huancavelica - Peru

3. How do I feel?

a. I feel stressed.

b. I feel sad.

4. What activities do I do?

a. I sing.

c. I help my father.

e. I play with my sister.

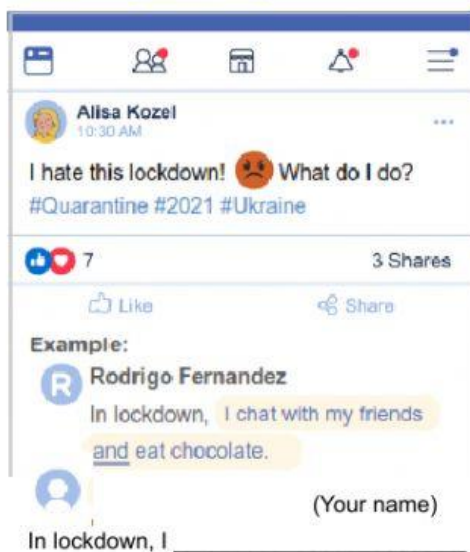
b. I dance.

d. I help my brother

f. I play with my brother.

PRACTISE-EXERCISE 2

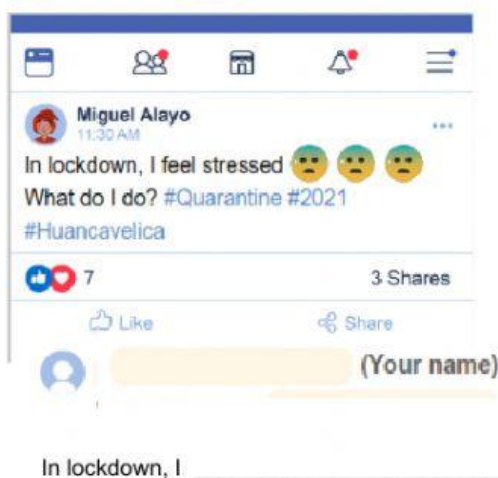
Comment **two actions** on Alisa and Miguel's posts. Use **"and"** as a connector:



Example:

Rodrigo Fernandez
In lockdown, I chat with my friends
and eat chocolate.

(Your name)
In lockdown, I _____



(Your name)
In lockdown, I _____



PERÚ

Ministerio
de Educación

APRENDO
en casa

Sigue revisando lo que puedes hacer con el inglés según estándares internacionales. Aquí algunas preguntas sobre lo que puedes hacer en inglés.



1. ¿Puedo reconocer algunos sentimientos escritos que son similares al castellano? **SÍ - NO**
2. ¿Puedo reconocer acciones con imágenes que las representan? **SÍ - NO**
3. ¿Puedo copiar palabras o frases cortas y sencillas para indicar acciones que se realizan? **SÍ - NO**