

Read:

Hi Laura. How are you?

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

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

Katty

Dear Katty:

I'm fine. Thanks for writing. I feeling calm that you answered. Do you feel stressed and bored? Ok, it's normal. I feel the same, but when I feel stressed or bored I listen to music, read a book or do exercises, I feel relaxed. Try it!

Laura

1. WRITE TRUE OR FALSE (8 points)

a) Laura lives in Lima.	
b) Laura lives alone.	
c) Laura feels sad and angry.	
d) Laura doesn't know what to do.	
e) Katty feels stressed and bored.	
f) Katty does yoga when she is stressed.	
g) Katty listens to music when she is stressed.	
h) Katty reads a book when she is stressed.	

2. WHAT ACTIVITIES DOES LAURA DO TO REDUCE STRESS? (6 points)

✓

✓

✓

3. Complete with the correct answer. (6 points)

Activities to 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.



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