Let's Reduce Stress

GLOSSARY

INGLÉS	CASTELLANO
1. bored	
2. chess	
3. draw	
4. Go to the movies	
5. Help my grandfather	
6. How do you feel today?	
7. How does he/she feel?	
8. I don't feel good	
9. I feel happy when...	
10. Read comics	
11. Sorry to hear that	
12. That makes me feel happy	
13. What do I do?	
14. When I feel stresses, I ...	...

LIVEWORKSHEETS

Activity 1: What should I Do?
LET'S OBSERVE!

Match the emojis with the feelings.

1.

2.

She feels ....

A. bored

B. happy

C. stressed

D. sad

3.

4.

Answer the question.

How do **YOU** feel today?

LIVEWORKSHEETS

LET'S LISTEN AND READ!

Listen to and **read** the posts.

Rocío Torres
10:30 AM

In lockdown, I don't go out, I don't visit my grandfather, I don't see my friends, and I don't play sports 😕. I feel stressed and I hate it. What should I do? 😟😟 Please, help me.

7 3 Shares

Like Share

David Puma
Hello Rocío. I'm sorry for you. When I feel stressed, I read comics, I draw my favourite superheroes like Batman or Spiderman, and I call my friends on WhatsApp.

Lizbeth Dominguez
Oh no! 😕 When I feel stressed, I eat chocolate, I play the guitar and the piano, and dance with my sister.

Lester Fernandéz
11:30 AM

In lockdown, I feel very bored!!! I don't play with my friends, I don't go to school, I don't go to the movies. What should I do? Help me.

7 3 Shares

Like Share

Robert Gonzales
Hi Lester! I am sorry! 😕 When I feel stressed, I watch videos on YouTube and learn to cook.

Susy Guerrero
My friend! So sorry! When I feel stressed, I play chess with my brother, I listen to the radio, and I dance.

LOOK!
Lockdown:
Quarantine

LIVEWORKSHEETS

LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Check (✓) the correct emoji and **complete** the sentence.

ROCÍO TORRES		LESTER FERNÁNDEZ	
I feel _____ .		I feel _____ .	

UNDERSTAND-EXERCISE 2

Check (✓) the boxes. Follow the example:

Example:	**Rocío**	**Lester**	**David**	**Robert**	**Lizbeth**	**Susy**
I don't play sports.	✓					
1. I play chess with my brother.						
2. I read comics.						
3. I play the guitar						
4. I learn to cook						
5. I dance with my sister.						
6. I don't go to the movies.						

LIVEWORKSHEETS