Let's Reduce Stress

GLOSSARY

INGLÉS	CASTELLANO
1. bored	
2. chess	
3. draw	
4. Go to the movies	Ir al cine
5. Help my grandfather	
6.	¿Cómo te sientes hoy?
7.	¿Cómo se siente ella/él?
8.	No me siento bien
9.	Me siento feliz cuando ...
10.	Leer historietas
11. Sorry to hear that	¡Lamento escuchar eso!
12. That makes me feel happy	Eso me hace sentir feliz
13.	¿Qué hago?
14.	Cuando me siento estresada(o), yo ...



* Material elaborado en colaboración con RELO Andes de la Embajada de Estados Unidos.

LIVEWORKSHEETS



Activity 1: What to Do?
LET'S OBSERVE!

Look at the face of the girl and **answer** the question.

How is she today?





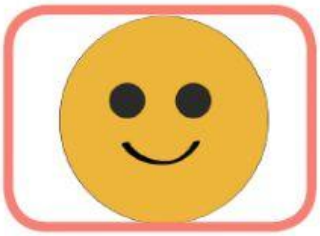
1. stressed



2. bored



3. sad



4. happy

She is _____

LIVEWORKSHEETS

LET'S LISTEN AND READ!

Listen to and **read** the posts.



El audio está disponible en la sección Recursos para mi aprendizaje

Rocío Torres
10:30 AM

In lockdown, I don't go out, I don't visit my grandfather, and I don't see my friends 😟. I feel stressed. What do I do? 😟😟



7 3 Shares

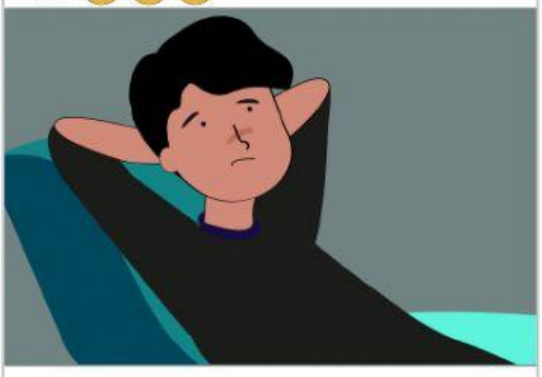
Like Share

David Puma
When I feel stressed, I read comics, I draw my favourite superheroes, and I call my friends.

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

Lester Fernandéz
11:30 AM

In lockdown, I feel bored!!! 😡😡 I don't play with my friends, I don't go to school, and I don't go to the movies. What do I do? 😐😐😐



7 3 Shares

Like Share

Robert Gonzales
I am sorry! When I feel stressed, I watch videos and learn how to cook.

Susy Guerrero
My friend! 😟 When I feel stressed, I play chess, I listen to the radio, and I dance.

LOOK!
Lockdown: Quarantine

LIVEWORKSHEETS

LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Check (✓) the correct box.

				
1. How does Rocío feel?				
2. How does Lester feel?				

UNDERSTAND-EXERCISE 2

Complete the chart.

Rocío Torres

1. How does she feel?

_____

Reasons

Example: I don't go out.

- _____ and _____.

Like Share

2. David Puma

Example: I read comics

- _____ and _____.

3. Lizbeth Dominguez

- _____ and _____.

Lester Fernandez

4. How does he feel?

_____

Reasons

- _____ and _____.

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5. Robert Gonzales

- _____ and _____.

6. Susy Guerrero

- _____ and _____.

Puede utilizar comas o "and" para unir oraciones.



ORDER THE WORDS TO MAKE SENTECES:

a) Feel / I / bored

……..

b) she / does / How / ? / today / feel

……..

c) That! / to / sorry / hear / I / am

……..

d) ? / TV / you / watch / when / , / do

……..

e) I/ feel/ dance Marinera/ when/ stressed/, /I

……..

f) You/ How / feel / do/ today/ ?

……..



LIVEWORKSHEETS