

ACTIVITY 01: WHAT SHOULD I DO?

LET'S UNDERSTAND



A2

1. Look at the pictures and write complete sentences.

WHAT SHOULD I DO TO REDUCE STRESS?



ALISA, 15
Kramatorsk - Ukraine

REASONS TO FEEL STRESSED IN LOCKDOWN

Example: I don't walk in the park.



1. I don't ...



2. I read...



3. I play....



4. I watch a series on...



MIGUEL, 14

Huancavelica - Peru

REASONS TO FEEL STRESSED IN LOCKDOWN

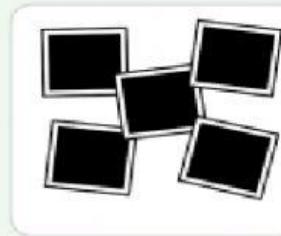
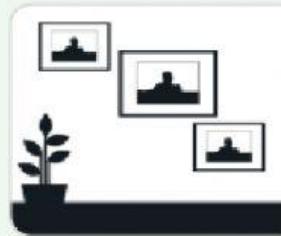
1. I don't go to ...



2. I play the ...



3. I look at the ...



4. I play with my ...

