

What I Feel Stressed About

An activity of "Movie spotlights red pandas"

Read "Movie spotlights red pandas" (page 19-20, *What's Up* March 2022). In the movie, teenager Meilin Lee turns into a gigantic red panda whenever she feels stressed.

- 1) The red panda is used as a metaphor. According to the writer, what two things does it represent in the movie?

(a)	(b)
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- 2) How do you feel when you are stressed? What about when you feel relaxed? Fill in the blanks in the poems below to express what you are like in each state:

When I Feel Stressed	When I Feel Relaxed
When I feel stressed, I become a _____. I develop _____ and _____ like a _____. I enjoy _____ and _____ like a _____. I feel _____ and _____ like a _____.	When I feel relaxed, I become a _____. I develop _____ and _____ like a _____. I enjoy _____ and _____ like a _____. I feel _____ and _____ like a _____.
When I feel stressed, I want to _____, _____ and _____. I don't want to _____, _____ or _____.	When I feel relaxed, I want to _____, _____ and _____. I don't want to _____, _____ or _____.
When I feel stressed, people _____. I think being stressed is _____.	When I am relaxed, people _____. I think being relaxed is _____.

3) What are your favourite ways to de-stress and relax? Colour in your favourites from the suggestions below. Can you think of some others to add below?

