

Watch this video

How to keep active
In self-isolation
BBC Learning English

<https://youtu.be/HUig4u3Hfgc>

I invite you to think...

DIFFERENT ACTIVITIES...

Do you meet or text your friends?

Do you watch the news or films?

Do you chat with your friends and relatives?

Do you listen to music?

Do you go to bed late?

Do you play games with your family?

DURING QUARANTINE

Who are you with at home?

What are the bad things/the good things about being at home?

What do you like doing? What do you hate doing?

What things/people/activities do you miss?

What things/people/activities you don't miss at all?

Is social distance hard for you?

DIFFICULT QUESTIONS

Can you be happy and sad at the same time?

What do you like most about yourself?

What things can your family do to make you happy during quarantine?

What can you do to make your family happy?

What are you scared of?

What's important for you?

What makes you happy?

Is it important to help people? Who helps you? And who do you help?

It's good to be me because...