

Staying healthy in lockdown: 6 tips



Listening

1.1 You are going to listen to **3 more tips**, what are they?

4. _____

5. _____

6. _____

1.2 Listen again and answer the following questions:

1) What activities can you do with your family and friends?

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2) Switch off your mobile phone for _____ a day.

3) If you feel sad, stressed or angry, who can you speak to?

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