

## How to Keep Mentally Healthy During a Quarantine

### INDIVIDUAL TALK

**Task 1:** Listen to or read two articles on the Internet.

<https://learningenglish.voanews.com/a/how-to-keep-mentally-healthy-during-a-quarantine/5338332.html>

<https://forward.com/news/israel/441640/quarantine-diary-day-11-tips-for-staying-healthy-and-sane-while-in/>

Choose **one** article and prepare for a talk.

**You will have 1-2 minutes to give your talk. You are expected to:**

- give a short summary of the text in English;
- share your own thoughts / emotions / knowledge / experience related to the topic.
- summarise and conclude your monologue.

You should make notes in the space below.

