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.

LIVEWORKSHEETS

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