



Hello Students,

Hope all of you are doing well. This is to explain how our English class will be functioning these days of quarantine. I will be uploading your weekly work in an email every Monday, you have 7 days to complete your work and you can submit it on our Google classroom. Each week activities will be divided into Reading, Writing and Speaking session. You can ask all your questions on our Whatsapp groups. I will answer your questions every Wednesday.

This week's activity: 22 March 21, 2020

Listening: Watch this video on Youtube.

<https://youtu.be/AQxpQ94Euic>

Writing: 1) Write a **short summary** of a small paragraph using 5 lines explaining the self care methods mentioned in the video

2) Choose **three self care methods** you liked the most from the video and explain why?

(Minimum 10 lines)

(Write your answers on the notebook and send me a photo by email or on Google classroom)

Speaking: Make an audio or video recording explaining what self care practices you will try this month at home and why?

Some useful vocabulary:

- 1) **Isolation:** to stay alone
- 2) **Quarantine:** to stay alone for medical reasons
- 3) **Hygiene:** practice to maintain health especially by cleanliness
- 4) **Social distancing:** maintaining distance between people in public places
- 5) **Self care:** methods to take care of oneself
- 6) **Awareness:** to make people understand information about a certain topic (*spanish: concientizar*)

Wash your hands, Stay In and Stay safe...