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To Speak English Fluently.**

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#122 Pandemic

Things to do during the
confinement

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Hi everyone! I am Georgiana, founder of [SpeakEnglishPodcast.com](https://speakenglishpodcast.com). My mission is to help you speak English fluently.

Hi! How are you? Given the circumstances, I'm fine. I hope it's the same with you too.

As you know, there is currently a **pandemic** affecting us globally. And in the previous episode, I talked about the **recommendations of the authorities**.

Today I want to make some **personal suggestions** on **how to spend time during confinement**. And with a fun mini-story, you can practice your spoken English.

You'll see. It's very effective. By answering many questions, you can practice and improve your speech, just like in a **real conversation**.

If you haven't listened to the [last week's episode](#) yet, visit my website speakenglishpodcast.com and search for [episode #121](#).

Let's start!

How to cope with this situation? What to do during the confinement?

While staying informed is very important, it is better to take a break from time to time. It's not a good idea to always be watching the news, and especially on social media. In any case, hearing about the **pandemic** repeatedly can be disturbing.

Take care of your body.

Although you can't go for a walk like you used to, I suggest you at least **stretch a bit**. If you're like me and you like pilates or yoga, this would be an excellent time to do some exercises. Also, if you have a stationary bike or a stepper, they will become your best friends.

In general, make sure you **take care of your body**. Eating healthy and doing some exercise will help you think clearly and thus, **cope much better with this situation**.

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Communication is more important than ever

Call your friends and family, and spend some time talking to them and not just about the pandemic. In the last few weeks, I'm spending more time than ever talking to my friends, even the ones I only talk to at Christmas.

Everybody feels like talking lately. Yesterday I went to take the dog for a short walk, and all my neighbors said hello, and I'm sure some of them weren't even my neighbors, which doesn't usually happen. I'm used to seeing people checking their cell phones, but lately, everyone wants to walk and talk.

Remain positive

When faced with significant challenges, especially if they are unexpected, it's very easy to become discouraged.

But I don't recommend it because it will only make you feel overwhelmed.

Whenever there is an obstacle, try to see it as an opportunity to grow. It's a chance to become a stronger human being, to be resilient.

Yes. **Resilient**. It's when you need to recover quickly from difficult conditions.

Avoid any stimulants.

In these situations, avoid taking any stimulants. And coffee is one of them. You'll have to drink infusions or water for a while. **Keeping yourself hydrated** will always help you feel better.

Make jokes and laugh.

Something happens to me when I get nervous. I start giggling, but unintentionally. I know it seems weird, but it's not just because I have a great sense of humor. It turns out that laughter releases hormones that calm you down and allow you to be in control.

Get some rest

Take all the time you need to relax and **stop thinking about the problems**.

I try to **get some extra sleep** in these circumstances. After I rest, I get my strength back, and I can see things from another perspective. I see things more clearly.

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Not getting enough sleep will not only damage your health, but **you won't be able to think clearly**. And it's tough to stay calm when you can't think clearly.

If you can't sit still, you can **stretch a bit, read a book** or **watch a movie**. Whatever you choose.

I hope this lesson will be useful for learning English, above all. I also wanted to help you get through the confinement.

Let's continue with a fun mini-story.

Mini-Story

(Improve your Speaking)

What's a mini-story?

A mini-story is very simple. I give you information using phrases, and then I ask you questions.

After each question, there will be some seconds of silence: it's your turn to answer the question!

Just try to give an easy and short answer.

After your answer, I'll give you the correct answer.

And just like that, I'll tell a story with questions and answers.

Are you ready?

Let's start!

Jimmy was really bored during the confinement, so he did yoga every day and all day long.

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What did Jimmy do? Did he play video games?

No. No. Jimmy didn't play video games. He did yoga.

When did Jimmy do yoga?

During the confinement. He did yoga during the confinement.

Why did Jimmy do yoga?

Because he was bored. He started doing yoga because he was bored.

Did Jimmy do yoga only on the weekends?

No. No. Jimmy didn't do yoga only on the weekends. He did yoga every day.

Did he do yoga only for one hour every day?

No. No. Jimmy did yoga all day long.

Who was bored?

Jimmy. Jimmy was bored.

After a few weeks, Jimmy got tired of spending time in his small apartment, so he planned to go to a tropical island.

Did Jimmy get tired?

Yes. Jimmy got tired of spending time in his small apartment.

Who got tired of his small apartment?

Jimmy. He got tired of his small apartment.

How long did Jimmy spend in his small apartment?

A few weeks. Jimmy spent a few weeks in his small apartment.

Was Jimmy's apartment small or big?

Small. Jimmy's apartment wasn't big. His apartment was small.

Where did Jimmy plan to go? Did he plan to go to the beach?

No. No. He didn't plan to go to the beach. Jimmy planned to go to a tropical island.

During the confinement, it was forbidden to take a flight, but Jimmy had a crazy idea.

Was it allowed to take a flight?

No. No. It wasn't allowed to take a flight. It was forbidden to take a flight.

When was it forbidden to take a flight?

During the confinement. It was forbidden to take a flight during the confinement.

What kind of idea did Jimmy have?

A crazy idea. Jimmy had a crazy idea.

Jimmy got so flexible after doing yoga that he got into a box and sent himself away to the island. Can you believe it?

How did Jimmy get flexible?

By doing yoga. He got flexible by doing yoga every day.

Who got flexible?

Jimmy. He got flexible after doing yoga.

Did Jimmy get into an envelope?

No. No. Jimmy didn't fit into an envelope. He got into a box.

How did Jimmy get to the island? Did he swim all the way to the island?

No. No. Jimmy didn't swim all the way to the island. Jimmy got into a box and sent himself away to the island.

After finally getting to the island, what do you think Jimmy did? Exactly. Jimmy continued doing yoga.

Where did Jimmy get? Did he get to Alaska?

No. No. Jimmy didn't get to Alaska. He finally got to a tropical island.

Did Jimmy continue his yoga routine?

Yes. Indeed. Jimmy continued his yoga routine on the island.

Despite having a whole island to himself, Jimmy continued to do yoga.

It looks like the routines are hard to break. Jimmy was so much into yoga that he couldn't do anything else.

Perfect! It's the end of this mini-story. And as you can see, through questions and answers, you can practice and improve your speech just like in a **real conversation**.

Let me ask you something. Is my podcast helping you with your English?

Though the podcast is a useful resource, because of time limitations, I can hardly develop these lessons, although they allow you to try out my method.

But If you are **serious** about **learning English**, I recommend my premium [English courses](#).

These are complete programs designed to improve your spoken English dramatically.

In fact, the courses contain hours and hours of questions and answers and point of view lessons. It's like a podcast episode but multiplied by 100.

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That's all for today.

I will be back next week!
Bye! Bye!



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