**Answers to the questions about COVID video**

1. **Lockdown** can be used in a jocking way when we have to do something important and we decide to focus without any distractions( e.g. “ I have to do my assignment. I'm on lockdown).
2. The prepositions used with lockdown are: **in** (e.g. “ the street was in lockdown after the gas explosion); **on**( e.g. “ the building was on lockdown following the security breach); **to**( as a phrasal verb).
3. The word “ quarantine” can be used both as a noun or a verb. As a verb it is usually used in the passive tense🡪 “ People **are being quarantined** because of the COVID-19". As a noun it is used with in🡪 “ My dog had to go **in/into quarantine”.**
4. “Quarantine” can be collocated with the verbs **TO GO** and **TO BE**.
5. Words which start with the prefix “ self": **self-control, self-conscious, self-critical.**
6. **Self-isolation** is different from **quarantine** because: in the first case you voluntary keep away from others; in the second case, is another person from the external that oblige you to stay away from others.

**Write a lockdown page diary and share your thoughts and strategies to cope with the lockdown.**

**Saturday 28 of March 2020- “the 20th day of lockdown”**

Today is the 20th day of lockdown. Days seem all the same, characterized by moments of sadness, reflection and hope. In this period I’m getting used to do at the end of the day, a sort of recount in order to see if I managed well my time. Indeed, if there’s something that I’ve leaned in this days, is that we don't have to waste our time and, above all, we don’t have to underestimate our lifestyle. In order to cope with the lockdown I choose to organize myself day by day in order to have always something to do. In the morning I usually study; in the afternoon I do some workout, because we have to throw away the negative energy and to free ourselves from the stress; in the night I see a TV series or a film( but another way to relax your mind could be also drawing). The weekend I help my mum to cook and to the housework. What I can say, is that I see a general spread fear on people's faces and a compulsive tendency: supermarkets and pharmacies are overcrowded. Personally I don't go out because my father does; I’m trying to stay calm and positive but, above all, to have patience( I can't denie that somedays it is very hard for me). I believe that is very common for people to wonder: why? Why now? What can we do? When it will be stopped? Nobody is able to answer and we have to accept the situation as responsible citizens. I speak from a young point of view, nourished by hope and strength but I know that it is not easy. I have a lot of dreams to realize and I am sure that soon the situation that we are all living will be only a far reminder and a drawback.

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