

LIFE BEFORE THE PANDEMIC

Watch the [video](#) called “2020: Year in Review: COVID-19” by Getty Images.

1 WARM UP

Task: Which was the biggest adjustment for you when the pandemic started?

- *wearing masks.*
- *remote working.*
- *constant hand washing.*
- *not seeing friends and family.*
- *not going to restaurants and bars.*
- *not travelling.*
- *spending a lot of time indoors.*

Task 2: As a class, discuss how each one impacted people’s lives.



2 PANDEMIC VOCABULARY

Task 1: Complete the following sentences with the correct vocabulary from the box.

antibodies	outbreak	lockdowns	social distancing
herd immunity	quarantine	masks	vaccines

1. Being in **quarantine** is really difficult, because you are isolated and lonely.
2. Once we have all had COVID-19, we will achieve **herd immunity**.
3. It is important to wear **masks** to stop the spread of COVID-19.
4. **Lockdowns** are really bad for the economy as businesses have to close down.
5. It is important that people across the globe have access to **vaccines**.
6. Once you've had COVID-19, you have **antibodies** so you won't easily get sick again.
7. **Social distancing** and sanitising your hands help to prevent a COVID-19 infection.
8. Every COVID-19 **outbreak** is different and unpredictable.

Task 2: Then say whether you agree or disagree with the statement.

Task 3: Discuss the questions as a class:

1. How long did you spend in quarantine?
2. Were there any aspects of the lockdown that you enjoyed?
3. Do you think social distancing helped stop the spread of the virus?
4. In your country, is it still common to see people wearing masks?
5. Does the government still give COVID-19 vaccines in your country?



3 VIDEO: 2020 YEAR IN REVIEW

Task 1: Complete the sentences with words from the [video](#) in the box below.

suspending

staggering

optimistic

emblematic

1. I am **optimistic** that COVID-19 will not be a concern in the near future.
2. A **staggering** amount of people have lost their lives to COVID-19.
3. COVID-19 is **emblematic** of much bigger problems we face on earth.
4. **Suspending** flights to and from Wuhan early in 2020 would have stopped COVID-19 from becoming a global pandemic.

Task 2: Say whether you agree or disagree with the statements. Explain.

Task 3: Answer the following questions as a class.

1. What emotions do you feel when you watch the video?
2. Which country handled the pandemic the best, in your opinion?
3. Do you think it's fair for Trump to have called the virus "The Chinese Virus"? Explain.
4. What impact has COVID-19 had on children?
5. Did you have any work / travel plans that were cancelled due to the pandemic?
6. Were you disappointed that the Olympic Games were cancelled?
7. What was the significance of people banging pots?
8. What are some of the theories you've heard about the origin of the pandemic?
9. Did you expect a vaccine to become available so quickly?



4 GRAMMAR: PAST CONTINUOUS TENSE

Read the theory about the past continuous tense and then complete the exercises. **Note:** There are many ways that we can use the past continuous tense in English. For this lesson, we will focus on using the past continuous for habits that happened in the past.

What is the past continuous tense?	
The past continuous tense refers to a continuing action or state that was happening at some point in the past.	
Use	The past continuous is used to refer to a habitual action in the past.
Structure	subject + was / were + verb + -ing
Examples	<p>Before my surgery, I was running 5km a week.</p> <p>Before I became vegetarian, I was eating meat once a day.</p> <p>Before the pandemic, I was going to the office every day.</p>

Task 1: Complete the sentences with the correct form of the verb.

- Before we had kids, we was / were (go) **going** out to dinner every weekend.
- The sun was / were (shine) **shining** every day last summer.
- He was / were (live) **living** in New York before he moved to San Francisco.
- Before they moved to Australia, they was / were (ski) **skiing** every day.
- She was / were (practice) **practicing** tennis three times a week last year..
- Before I started working at Apple, I was / were (study) **studying** at a university.
- You was / were (commute) **commuting** to work every day before the pandemic.

Task 2: Use the prompts below and the past continuous to create sentences or stories.

- Before I turned 5...
- Before high school...
- Before this summer...
- Before the pandemic...
- Before I met my partner...
- Before 2020...



5 FIVE POSITIVE IMPACTS OF COVID-19

Read the article and complete the titles from the box. Then, complete the exercises.

Preparing for Future Pandemics (c)	Air Pollution Reduction (b)
People Becoming More Hygienic (d)	The Recovery of Nature (a)
Developing the Culture of Sharing (f)	More Focus on Mental Health (e)

Positive Impacts from COVID-19

The impact of the COVID-19 pandemic on the world's economy, health and the lives of people is enormous.

We can see that many people have lost their jobs and that a **majority** number of people have died due to this virus. However, if we look at another facet of this pandemic, there are some major changes in terms of society and environment as well.

a. _____

COVID-19 has had both positive and negative effects on nature. However, it cannot be denied that when people are in lockdown and cannot go travelling to natural tourist spots, nature has **bounced back** like we never expected. In Trang, Thailand, it has been reported from the Marine National Park that they found a group of manatees and that is a result of the decrease in tourist boats and an increase of biodiversity.

b. _____

The lockdown and social distancing measures have led to an increase in air quality, especially in a big city like Bangkok. Since people work from home and stay at home more, this means that the use of cars and traffic **congestion** have decreased.

c. _____

The COVID-19 pandemic is an infectious disease that we have never experienced before. During this crisis, people changed significantly and learned to adapt. We can see that people have changed their lifestyle and many businesses and medical professions have adapted to COVID-19. We'll never know whether we will face this kind of

pandemic again in the future, but at least we have learned lessons from the COVID-19 crisis and that these lessons will enable us to better **cope with** a future pandemic.

d. _____

Regardless of the COVID-19 pandemic, being hygienic is crucial for good health and wellness. After the outbreak of COVID-19, people have maintained better personal hygiene habits, including frequent hand washing, wearing masks, as well as cleaning and disinfecting their personal and public spaces more often.

e. _____

Since the start of the pandemic, people have been forced to reshuffle their schedules. More time at home means more time with family as well as more time for hobbies and other activities. Work **flexibility** has given people the opportunity to assess their mental health. This new way of life has led people to reassess their priorities and are able to spend more time on them.

f. _____

On one hand, millions of jobs have been lost during this crisis. On the other hand, we also saw the kindness of fellow humans. In Thai society and many societies around the world, those who are less unfortunate have helped those who are in need with fundraising and food sharing. In Thailand and some countries, they have set up food sharing pantries across the country which is a true **testimony** of human kindness and the development of the culture of sharing.

Source: [Link](#)



Task 1: Research and discuss definitions for the words below from the article.

1. Majority: **The greater number.**
2. bounced back: **To return quickly to a normal condition.**
3. Congestion: **The state of being crowded or blocked up.**
4. cope with: **To deal effectively with something difficult.**
5. Testimony: **Evidence or proof of something.**

Task 2: Decide if the following statements are true or false:

- a. Not many people have lost their jobs due to the COVID-19 pandemic. **F**
- b. The biodiversity in Marine National Park in Trang, Thailand improved. **T**
- c. Lessons learned from this crisis will help us better cope with future pandemics. **T**
- d. The pandemic has given people time to reassess their priorities. **T**
- e. There have been many acts of kindness and sharing. **T**
- f. Personal hygiene habits have gotten worse because of the pandemic. **F**

Task 3: Answer the questions. Say as much as you can.

1. Has the pandemic had a positive effect on the environment? Explain.
2. Do you enjoy working from home or would you like to go back to the office? Explain.
3. Has the pandemic had a negative effect on your country's economy? How?
4. Do you think that some businesses thrived during the pandemic? Which ones?
5. Do you think it's important for people to help each other during times like these?



6 SYNONYMS

Task 1: Swap the underlined words in the sentences with their synonym from the box.

survive (2) contaminated (3) acute (4) pill (5) indication (1)

1. In South Korea, 30% of people who tested positive for the virus said that loss of smell was their first major symptom.
2. Researchers have found that the virus can live up to 24 hours on cardboard and 2 to 3 days on plastic and stainless steel.
3. It is estimated that up to 40% of infected individuals do not experience symptoms.
4. All three vaccines are about 90% effective in preventing severe COVID-19 caused by the Delta variant, the predominant circulating strain.
5. An oral medicine to fight COVID-19 would be much simpler to administer and prescribe.

Source: [Link](#)

Task 2: Comment on each of the points. Say if you agree or disagree with them.

7 DISCUSSION QUESTIONS

Task: Discuss the following questions below. Give as much detail as possible. Have fun!

1. In your day-to-day, what is the best change of COVID-19?
2. In your day-to-day, what is the worst change of COVID-19?
3. Do you think that a pandemic was inevitable?
4. Did you ever worry about a pandemic before it happened?
5. What are some things that you think will never go back to "normal"?
6. Have you spent more time in front of your laptop and TV since the pandemic?
7. What will COVID-19 be like in 5 years?
8. How has business culture changed since the pandemic?



HOMework

1 VOCABULARY REVIEW

Task 1: Review the vocabulary from this lesson. Find a word for each of the definitions.

contaminated

indication

acute

pill

survive

1. **contaminated:** having been made impure by exposure to a polluting substance.
2. **indication:** sign or piece of information that indicates something.
3. **acute:** experienced to a severe or intense degree.
4. **pill:** a small round mass of solid medicine for swallowing whole.
5. **survive:** continue to live or exist.

Task 2: On a separate piece of paper, write detailed answers to the questions.

1. Do people in your country use social distancing to prevent the spread of COVID-19?
2. Do you think the pandemic will be over when we reach herd immunity?
3. Have you been in quarantine since the pandemic began? How was it?
4. Describe the lockdown in your country. What were the rules?
5. Do you believe that getting COVID-19 gives you antibodies?



