



21st Century
TEENS *Senior*[®]

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Time to try new things (P4-5)

山东省烟台第二中学 孔洁

- **Due to the outbreak of novel coronavirus pneumonia, we are advised to stay at home.**
- **Home quarantine**
- a period of time when a person that has or may have a disease is kept away from others in order to prevent the disease from spreading.





央视新闻

2-27 19:06 来自微博 weibo.com 已编辑

105万
阅读



21st Century
Teens

#开学# 【转发周知！#开学时间原则上继续推迟#】 今日，中央应对新冠肺炎疫情工作领导小组会议强调，要进一步落实分区分级防控。落实企事业单位复工复产疫情防控指南，细化老年人、儿童等重点人群疫情防控措施。大中小学、幼儿园等开学时间原则上继续推迟。 [央视新闻的微博视频](#)

滴，您的假期已充值。

滴，您的假期又充值。

滴，您的假期再充值。

滴，您的假期继续充值。



I. Lead-in

What do you do during your stay at home?

AP/Douyin/Koudalyiba
Many p
New Ye

Some of
creative



在家除了跑步还能做什么呢

- Time to try new things (P4-5)
- Since the novel coronavirus outbreak, many families have been told to stay safe inside their homes. This may have been nice at first, but now you are probably bored. We've got some suggestions for you to beat the blues.
- One important thing, of course, is to keep active. While it can be tempting (诱人的) to sit down all day, make sure you get up to get your blood flowing. Stretching (拉伸), sit-ups or push-ups are all easy exercises to do at home. Make sure to keep up a daily exercise routine. You can even find live-streaming (直播的) workout classes online so you aren't alone.
- Now is also the perfect time to learn a new skill. Coding (编程), drawing, playing a new instrument – the options are endless. You can browse (浏览) the thousands of how-to videos online to learn just about anything. Who needs to take extra classes when you can just watch videos and learn for free?

- If you don't trust food delivery during this time, you'll need to cook your own food. Don't place the responsibility for making food on your family alone – it's a great time to practice preparing a meal for your parents. You can try your hand at folding the perfect dumplings, prepare a variety of meat and vegetables for homemade hot pot, or make use of your oven and bake yourself a pizza or some cookies.
- Though the virus outbreak is a serious matter, it's important to maintain a sense of humor and stay positive. Internet users have been flooding online with memes about the virus. For example, the lack of surgical masks has also produced some interesting innovations (创新) with ways to cover your mouth and nose: fruit, plastic containers and bags have all been used as mask replacements (替代物). Some young people even airbrush (修图) masks on WeChat avatars (头像). Seeing pictures of these unique masks is sure to make you laugh.
- It's true that staying at home will breed boredom sometimes, but it's also an opportunity to try new things. You now have more time to do all the things you were too busy to get started before. What are you waiting for? Get to it!

Read the passage quickly and summarize the main idea of the passage

It gives us some suggestions to make home quarantine interesting.

What is the *genre* of the ...

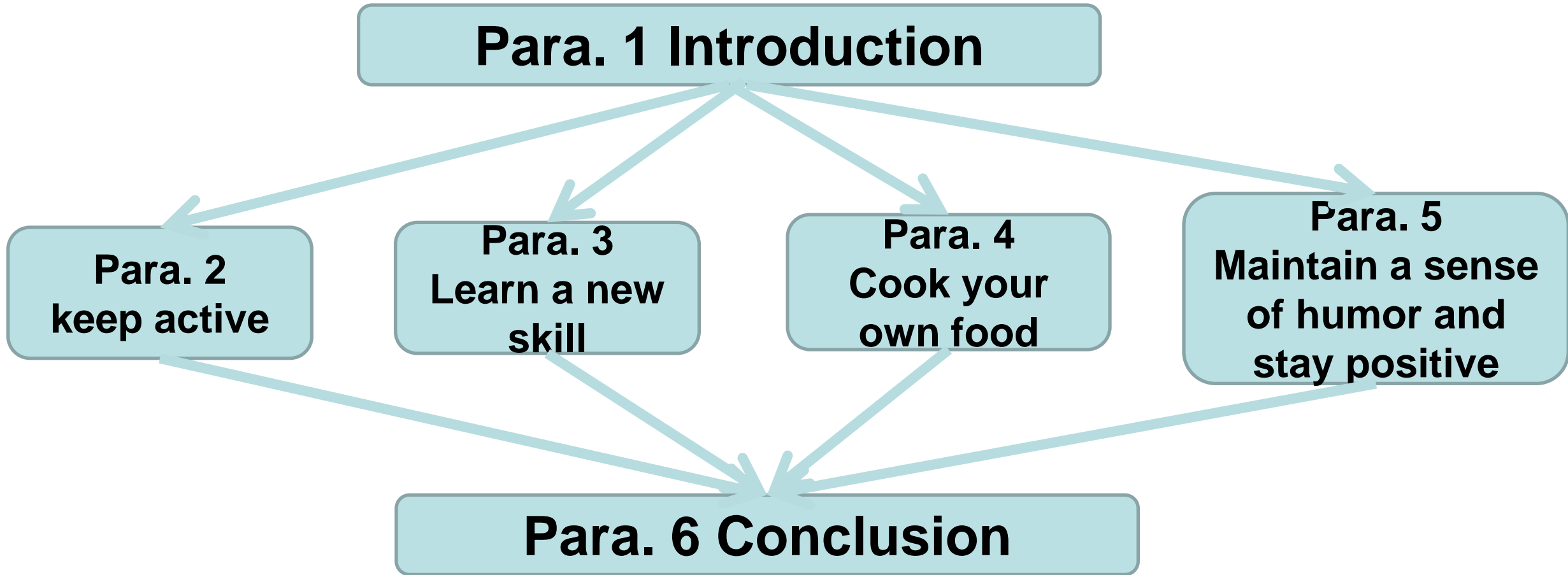
Give information to explain features and the nature of things, as well as their occurrence and development.

A. narrative essay (记叙文)

B. expository essay (说明文)

C. argumentative essay (议论文)

Figure out the structure of the passage



How to beat blues during home quarantine?

- **What are the activities we can do?**

Keep active

Activities we can do?

- One important thing, of course, is to keep active. While it can be tempting (诱人的) to sit down all day, make sure you get up to get your blood flowing. Stretching (拉伸), sit-ups or push-ups are all easy exercises to do at home. Make sure to keep up a daily exercise routine. You can even find live-streaming (直播的) workout classes online so you aren't alone.

仰卧起坐
俯卧撑

exercise

自律给我自由



扫码即可观看
Matthew Lee 的
“挥汗战疫”加
油舞视频。

US high school student Matthew Lee shoots an exercise video to lift people's spirits.

PROVIDED TO TEENS

Learn a new skill

Activities we can do?

- Now is also the perfect time to learn a new skill. Coding (编程), drawing, playing a new instrument – the options are endless. You can browse (浏览) the thousands of how-to videos online to learn just about anything. Who needs to **take extra classes** when you can just watch videos and learn for free?

III. Scanning



Study with apps

As technology develops, many online learning tools continue to change the way students learn. Apps are typical digital learning tools. The *content* (内容) is rich and *personalized* (个性化的) to meet your level of knowledge and interest. Better yet, apps keep updating, offering the newest *resources* (资源).

Want to find an app that can help you learn? Here are some great ideas for you!

Khan Academy

This app allows you to learn almost anything for free. It covers subjects such as math, physics, biology, and even computer science. The real magic of Khan Academy is that you can learn at your own pace. You can review subjects that you are not good at, or start learning a subject, like *geometry* (几何). However, the app is in English. If you want to see its translation, you can visit <http://open.163.com/khan/>.

TED

This free app is a great tool for those who are interested in public speaking. It has collected more than 700 talks from the world's most famous thinkers, leaders and artists. There's a short introduction for each talk so that you can get the main idea *in advance* (提前). You can watch talks by subject, and download them to watch offline.

Cook your own food

Activities we can do?

- If you don't trust food delivery during this time, you'll need to cook your own food. **Don't place the responsibility for making food on your family alone – it's a great time to practice preparing a meal for your parents.** You can try your hand at folding the perfect dumplings, prepare a variety of meat and vegetables for homemade hot pot, or make use of your oven and bake yourself a pizza or some cookies.

various



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去看看

为你推荐

菜谱分类

下厨房

唯有美食与爱不可辜负



超简单的手撕面包，试一下，味道还不错，外面一...



柒月的雨涵

6660



简单易做红豆卷饼，爱吃红豆的一起做吧



蛋儿的小厨房

3.5万



下厨房



市集



课堂



收藏



我

III. Scanning



roy_wang



2,031次赞

roy_wang 所有人听我一句劝 不要用火锅底料煮泡面 真的辣到怀疑人生

extra extra extra spicy



张含韵 5天前



等 1515 次赞



终究还是做了

自制凉皮大赛——野生后补型选手

Maintain a sense of humor and stay positive

Activities we can do?

- Though the virus outbreak is a serious matter, it's important to maintain a sense of humor and stay positive. Internet users have been flooding online with memes about the virus. For example, the use of surgical masks has also produce **Internet users find a lot of funny pictures and stories about the virus.** cover your face. Paper bags have all been used as mask replacements (替代物). Some young people even airbrush (修图) masks on WeChat avatars (头像). Seeing pictures of these unique masks is sure to make you laugh.



Apps to excite your inner artist

几款有趣的手机应用让你在家也能乐翻天。



词数 311
建议阅读时间 4分钟

Staying at home without teachers and classmates, you probably will play with your smartphone to get through the long days. But how can you unlock your phone's full potential? Start downloading some interesting and *innovative* (有创意的) apps that will help you kill time and boredom. TEENS has chosen three for you. Try them out and have fun.

Easy Voice Changer

When you watch sci-fi movies, you may have noticed that people can change their voices in phone calls and recordings. Do you want to have this magical ability? Well,

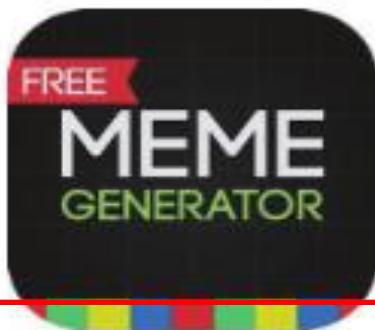


Easy Voice Changer will make your wish come true. It's quite easy to use. Users simply record their voices in the app. Then, it can change to sound like different voices. These include voices of an alien, a robot, a *monster* (怪兽), a kid, a bee, a ghost and many more. If you want to have fun with your friends, why not send them a freaky phone recording?

Meme Generator Free

We are the *meme* (表情包) generation. In-

stead of sending text, young people today prefer using memes to make a point. But do you want unique memes? Make your own, with Meme Generator



Free! The app has more than 1,000 high-quality meme *templates* (模板) to use. You can choose a photo or *snap* (拍照) one to insert onto the template. Your friends will appreciate your creativity and thank you for giving them a reason to laugh.

Psychedelic Camera

Are you tired of following rules? Do you just want to make something crazy? You definitely need to check out Psychedelic Camera. The app lets you choose pictures from your photo gallery and add *filters* (滤镜) to it. "You can simply power up the camera and view your surroundings in chaotic colors and patterns - it's delightful," said Anmol Sachdeva on US technology website Beebom.





**Liu Yu, 17,
Shandong**

6 am
Get up

6:40 am - 8:00 am
Attend the live
broadcast class

8 am - 8:30 am
Breakfast

12:30 pm - 2 pm
At this time, a lot of
students will take a
nap. But I will
watch English
television shows or
videos of public
speeches.

Noon - 12:30 pm
Lunch

8:30 am - noon
Making full use of my time in class is at the top of my schedule. I always try to keep my eyes on the teacher. It helps me stay *focused* (专注的). Sometimes, I will ask the teacher questions on the platform. It makes me feel freer than in class and gives me a *sense of participation* (参与感). During the breaks, I might play piano for ten minutes or help my mom do some chores.

2 pm - 5 pm Self-learning
If my teachers haven't scheduled a live class, I use the "free time" to complete unfinished exercises and assignments.

5:30 pm - 9 pm
After dinner, I take some time to listen to audio books. This gives me *inspiration* (灵感) for writing. Then I practice dancing as an exercise. I also look through my study materials and try to learn from them.

- **Manage time properly**
- **Do what you like**
- **Maintain mental health**

Maintain mental health

面对疫情，如何正确调适心理？



词数 374 建议阅读时间 7分钟



During a crisis like the novel coronavirus outbreak, healthy people may suffer even if they aren't actually infected by the virus. This is because the uncertainty of a crisis can be scary and stressful.

These types of situations can have a negative effect on your overall mental health. This stress can come from things like the fear of becoming infected or worrying about loved ones.

People may also feel stressed for being stuck inside for a long period of time. For example, you may have been feeling emotions like boredom, loneliness or anger if you have been staying at home under *quarantine* (隔离).

“For a lot of people, a day or two in *isolation* (孤立状态) may be OK, but weeks without getting out of the house - the stress will certainly build up,” Paul Yin, a psychologist who has experience with crisis *counseling* (咨询), told NBC News.

If you find yourself in this situation, you may be thinking, “Is what I'm feeling normal?” or “What can I do to

1. Why do people feel stressful during home quarantine?
2. How can we manage these negative feelings?

Staying home under quarantine can make one feel agitated and depressed. CFP

deal with all of this?” Even if you aren't in an infected area, it's natural to experience these emotions.

Let's look at some healthy ways for you to manage some of these negative feelings.

Do what you can to stay informed about the virus. *Rumors* (谣言) and *speculation* (猜测) can feed feelings of anxiety, so be sure to get your information from trusted sources like the government.

Follow basic *hygiene* (卫生) practices. This includes things like washing your hands often and in the right way, using tissues when you sneeze or cough, and staying at home if you aren't feeling well.

Have a daily routine. Eat a healthy and bal-

anced diet and do some exercises every day. You can also use this time to explore new hobbies and keep busy.

Stay connected. During stressful times, it can feel like you're alone. But you aren't! You can talk to friends and families about your feelings.

“The key is to take good care of the body, arrange a reasonable schedule, *ensure* (保证) adequate sleep and diet, and get the necessary rest and relaxation,” Zhang Hong, deputy chief physician of Wuhan Mental Health Center, said. After all, your mental health is just as important as your physical health.

BY LAURA DUTTON, 21ST CENTURY TEENS STAFF

“The key is to take good care of the body, arrange a reasonable schedule, *ensure* (保证) adequate sleep and diet, and get the necessary rest and relaxation,” Zhang Hong, deputy chief physician of Wuhan Mental Health Center, said. After all, your mental health is just as important as your physical health.

- **Stay connected.**

- **1. What we can do to make staying at home not that boring?**
- **Keep active, learn a new skill, cook your own food, maintain a sense of humor and stay positive**
- **2. Maintain mental health and get rid of the negative feelings.**



且挨过三冬四夏
暂受些此痛苦
寒尽后再看樱花



- Thinking about all the things you'll be free to do after we win the "battle", you probably won't find the idea of staying at home to be so unbearable after all.

- **Do you have any suggestions for making home quarantine interesting? Write a passage sharing your experience with us.**



thank
you