

# Ready to Run

Teacher Pack



A2

BOKANG'S VLOG  
In quarantine: Keeping Busy  
at Home

Transcript



## Topic vocabulary

### Time expressions

all the time (*phr*), spend time (*coll*), a good/great time to (*coll*), these days (*phr*), have (more) time (*coll*), the other day (*coll*), free time (*coll*)

### Covid-19

quarantine (*n*), coronavirus (*n*), pandemic (*n*)

**BOKANG** Hi everyone, my name is Bokang and I'm a vlogger from South Africa.

**TITLE** *Bokang*

**BOKANG** My channel is called The B Word where I share parts of my life but also give some tips and ideas like I am doing today.

**TITLE** *The B Word*

**BOKANG** You are probably watching this video from home. We are all home, **all the time**, because of the **coronavirus**. Even here in South Africa, we are all staying home.

**Spending** so much **time** at home, it's hard to think of things to do. But that's where I come in!

**TITLE** *In **quarantine**: Keeping busy at Home*

**BOKANG** My first tip is to clean and tidy.

**TITLE** *Clean and tidy*

Now is **a great time to** do it. A clean space is also a better place to think and be happy, so that's the first thing to do.

I decided to tidy my books. I put the books I wanted to read on a special shelf. Which brings me to my second tip. Read!

*TITLE Read a book*

**BOKANG** We are all on our phones **all the time these days**, reading the news again and again. It's time to put down your phone and pick up a book.

Our world **these days** feels like a novel, right? And some people choose to read about **pandemics**, there are a lot of books about that. But I prefer a book that takes me somewhere new and somewhere fun.

My next tip is to try something new.

*TITLE Try something new*

**BOKANG** Now that I **have more time**, I am painting and I love it.

I got my paint from my little brother, and I won't tell him if you don't.

And my final tip is to enjoy your time with your friends and family.

*TITLE Friends and Family*

**BOKANG** It's important to talk about how you feel and also to have fun.

**The other day** my friends gave me a call on a video chat to wish me a happy birthday and it was so nice to hear from them.

So, those are my tips on things to do at home in your **free time**.

I hope this helps make this time a little easier and fun for you. Remember to stay safe, wash your hands and oh, don't forget to exercise!

*TITLE Exercise*

**BOKANG** Thanks for watching, bye!