

1. We'll start today by asking what questions you have about what is going on?
EX: What is social distancing, shelter in place, essential businesses, panic buying, quarantine

2. Another word you might not know is "**furlough**". A furlough is a suspension from work without pay. Many companies are closing their doors and sending their employees home on furlough. This creates a large amount of unemployed who are unable to pay rent, buy food or afford medical insurance.

Has anyone in your family been furloughed? Do you worry about being furloughed?

3. We have a saying, "an elephant in the room". When there is an elephant in the room, there is some big issue that no one wants to discuss. The elephant in the room for our ESL class is the issue of abuse of Asian students because some crazy people blame them for the virus. This is absolutely absurd, but there are lots of stupid and hateful people in the world. In their mind, when something bad happens, it has to be someone's fault. We sincerely hope none of you have experienced this prejudice.

Are any of you afraid to go out in public? Have any of you had people be particularly kind to you?

4. There are lots of emotions people are experiencing now. Do any of these statements describe the way you are feeling?

- I am afraid of what will happen in the next few weeks.
- I fear that I or someone close to me will get the virus.
- I feel hopeless that things will ever get back to normal.
- I feel isolated and alone.
- I feel uncertain that I will be able to finish my education or find a good job after the virus scare is over.
- I feel anxious for my family back in my home country.

What do you do to "raise your spirits"?

5. As much as we dislike being at home, nurses and doctors and even grocery store employees are still going to work every day, risking exposure to the virus. They are sacrificing their health so that we can eat and have health care if we get sick.

On Monday, Kathy read a story for book club about a little girl who sacrificed something she really loved to help her community. Do you know people who are sacrificing for the good of their community?

What things can we do to help people at this time?