



Do some sport, to feel better and to be fit

Spend more time with our families: play some games like Monopoly or Cluedo, watch together a film or a serie or cook something



Make a list of things to do and every day choose one of those activities to do in a sad or boring moment

THINGS YOU CAN DO IN QUARANTINE:

- chores
- sweep till the floor's all clean
- polish
- wax
- do laundry
- mop & shine up
- sweep again and by then it's like
7:15
- read a book or maybe 2 or 3
- add a few new paintings to my
gallery
- play guitar
- knit
- cook
- wonder when will my life begin

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