

ADVICE TO STAY ACTIVE AND POSITIVE DURING THE QUARANTINE

- I. KEEP THE NORMAL CIRCADIAN'S RHYTHM
- II. DRESS AS IF YOU HAD TO GO TO SCHOOL OR WORK, NOT STAY IN PYJAMAS ALL DAY.

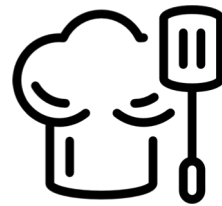


WE WILL MAKE IT

STOP

COVID - 19

EXPLORE NEW ACTIVITIES



COOKING



PLAY A NEW
INSTRUMENT



PLAY A GAME



REMEMBER TO STAY ACTIVE AND POSITIVE, TRYING NEW STUFF WITH YOUR FAMILY, DO NOT STAY IN THE BED OR WATCH NETFLIX ALL DAY LONG!