

Stay at home to protect yourself and other people

You can do activities like: cooking, practising sport, cleaning your home

speake teens
Stay at HOME

#2 Clothing

You have to keep busy not to get bored

You can keep in contact with your friends and your family through video calls

Cooking is a good and fun activity because you can prepare new dishes that you have never tried to make before

I suggest watching films and TV series because they entertain you and make you forget that you are in isolation

Anna De Felice

