

Happiness

We have already talked about happiness, which is important also in this situation.

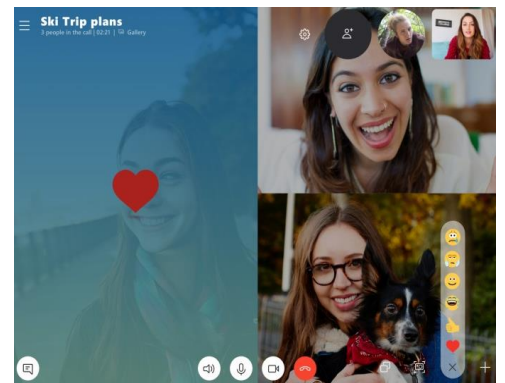
First, I wrote about our family: we can use our time to stay with the main members of it.

Personally, I have learned how to make pizza from my mum and I've spent a lot of time with my sister and my dad and I've seen a lot of movies with them.

This period could be used to shed light on important things that you did not previously have time to reflect on and



discuss with your family. For example, I try to find many moments for myself during the day: now that it's hot after lunch I always get some sun, I play with my dog and I try to play sports and I think it

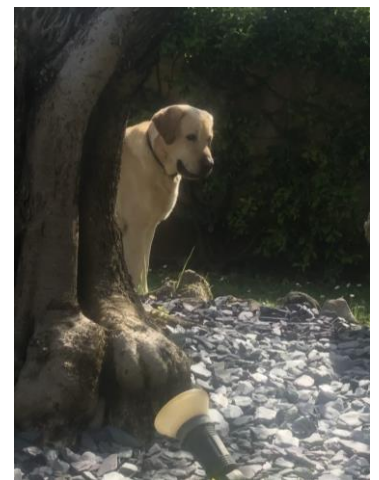


could be a relaxing time for everyone. Not being able

to go out, I think we could spend more time on our



passions trying to expand our knowledge into something we like. Also, we must not forget our friends, who could keep us company during the day through video calls. To relax again (it's the only thing we can do) we could listen to some good music, take



care of the environments where we live, look at old photos and also one thing that occupies the time is the study, which personally in this period is very difficult because it leads me to think about something else, like what is happening in this particular moment outside our homes, which is really sad and strange.

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