

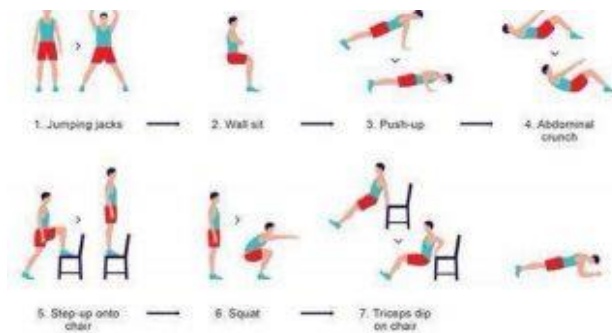
HOW TO STAY HAPPY AND MOTIVATED DURING ISOLATION

From the beginning of March the spread of the virus Covid-19 has changed the life of all of us because it has forced us to stay at home all the time.

It is very difficult to be happy and motivated when every day is similar to the day before and similar to the next one and so long until we can't know.

The problem is what we can do after we have finished having the distance teaching and we have done our homework.

First, it is possible to do physical exercises to compensate for the impossibility to play sports or to go to the gym and it is very important to keep fit.



Second, it is possible to try to improve the knowledge of the languages that we are studying or to try to start studying others that are increasingly necessary for the global society which we live in.



If we have never experienced the reading of a good extracurricular book, the situation allows us to try this experience and it is possible that it could be the beginning of an activity which might give us a great pleasure.



There are two other activities at home that could make us spend our free time with pleasure without spending all of it watching films or playing games.

The first is to try to cook something following the instructions of some specific book or what can teach us our mother.



The second is to try to paint, especially if we have never done it.

We may be surprised to discover a skill that we would never have expected to have.

