

# QUE FAIRE PENDANT LE CONFINEMENT ?

## Consigne :

Répondez à la question : « *QUE faire pendant le confinement ?* »

Soyez créatifs : dessinez, peignez, découpez et collez, écrivez ...

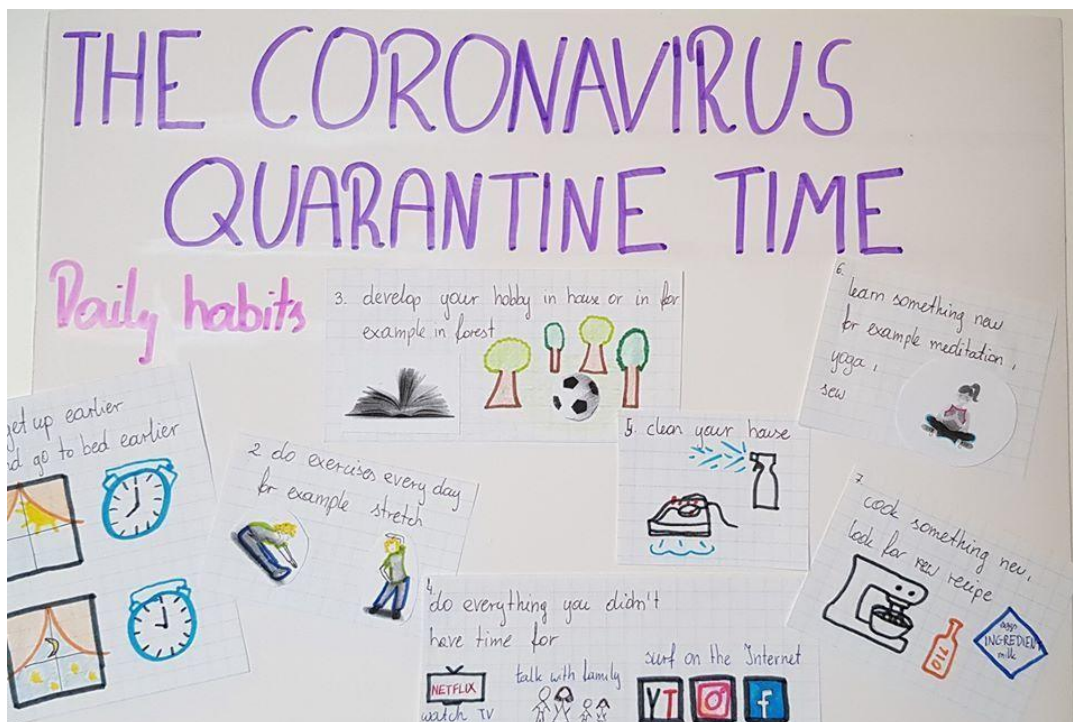
Vous pouvez aussi le faire sur l'ordinateur : PowerPoint, Paint ...

## Mode de rendu :

Prendre en photo le dessin / envoyer la présentation par mail à Mme PARZYCH :

Votre travail sera affiché dans la classe à notre retour.

Voici les exemples en anglais - **vous le faites en français !** 😊



## Ideas you can do during the Coronavirus quarantine time

Read many books



Learn new languages



Paint and draw



Try sewing



Cooking is good idea too



Play with your pet




Play instruments


Spend time with your family


Do homework!!!!


# HOW TO SPEND QUARANTINE


- 2) EXERCISE**


  - after you exercise, you'll feel so more energized and healthy.
  - It brings us many benefits like: feeling happier, staying fit, healthier skin, increase brain health, better sleep at night.
- 3) CLEAN UP YOUR ROOM**

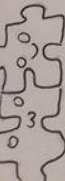
  - set up a timer and make it a challenge for yourself. The satisfaction when finishing in time is WORTH it!
- 4) LEARN A NEW HOBBY**


  - I bet there is at least ONE thing that you've always wanted to learn how to but have never had time. Well, now it's THE TIME!
- 5) COOK OR BAKE**

  - go ahead and pick up your cookbook or search the recipe online and COOK! It can be everything!
- 6) WATCH NETFLIX**

  - if you have any TV shows you'd like to watch or finish - now is the time! But remember to stand up once or twice, it can be very addicting!
- 7) STUDY**

  - the coronavirus break into a break from school and feeding your brain with information. Revising is important so you come back to school actually knowing something :)
- 8) KEEP IN TOUCH WITH FRIENDS AND FAMILY**

  - being stuck with your closest family might be tiring after some time but don't forget about others! Text or call your loved ones.
- 1) READ A BOOK**

  - reading reduces stress and helps to relax. It can help people who tend to worry about the current situation or just need something to brighten their social distancing time.

ideas you can do during the Coronavirus quarantine time:-)

we can do the puzzle



read books



work on our own body



watch netflix



play computer games



listen to music



learn how to play on guitar



minecraft for example