

STAY AT HOME

HOW TO SPEND YOUR TIME



3D AFM

**THIS PERIOD IS DIFFICULT FOR ALL OF US AS WE HAVE TO
STAY AT HOME FOR THE WORLDWIDE EMERGENCY OF
COVID-19. STAYING INDOORS IS THE ONLY WAY TO GET
PAST THIS PANDEMIC.
WE SUGGEST YOU HOW TO SPEND YOUR TIME DOING
ENJOYABLE ACTIVITIES**



Arichiello Noemi - Cardascia Emanuele

Read a book or watch a movie

We suggest you to spend your time at home doing interesting things:

-**Watch a movie** in different languages, the ones you are studying like **English, Spanish or french**. I know, it will take a lot of time but this isn't a problem because we have all the time we need. Believe me it will be much more delightful because you aren't forced to do it....it's one of your choices.



-**Read a book**, for example the one you didn't have time to read before, now you can do it.



Filosa Michele - Soprano Meyli

Play games with your family

- These are dark and hard days, but we have the possibility to stay at home and spend the time with our family. In addition we can focus our attention on moments or situations that we have never thought about before.



- We have a chance to appreciate more than before the time we stay with our parents, brothers and sisters. We can play board games such as «Monopoly», «Risiko», «Pictionary». This will give us the opportunity to spend all the time we lost when they couldn't because of the work or other plans they had.



Training at home

In this lockdown period, you can do exercise at home to keep fit. If you don't have weights, you can use simple bottles of water and train your arms or shoulders. You can also train your legs by doing squats. If you want to train your abs you can use a plaid as a mat and do your exercises. You can also run in your garden or go up and down the stairs to keep fit.



Squats with a chair



Shoulders exercises with bottles



Running in the garden

Let's cook together

In this period that we must stay at home, it is the right opportunity to experiment with new recipes from other countries and traditions. We recommend you two traditional English recipes:

1- Muffin and Bangers

2- Mash.

We have made them.....they're delicious!

Bangers and mash

Ingredients

- 2 potatoes
- 14 g of butter
- 85 ml of milk
- a pinch of salt
- a pinch of pepper
- 2 sausages

Method

First, prepare the potatoes. With all the peel, boil or steam them until they are softened (20-25 minutes). Drain well and peel them. With a fork prick the sausages on several points. Transfer to a pan, cover with water, bring to a boil and simmer for 5 minutes. Pull the sausages out of the water. Over medium-low heat, heat a pan. Add the sausages and cook until they become slightly golden, that is, for 5-6 minutes, turning them a few times during cooking. In the meantime, pour the milk into a microwave-safe bowl. Add the butter and cook on medium-high power for about ten seconds until it is heated. Crush the potatoes and puree with a vegetable mill. Put the puree back in the pan used to cook the potatoes. Add the butter and milk by measuring the quantity of milk to obtain a more or less creamy consistency depending on the taste. Season with salt and pepper and mix well with a spatula. Serve the sausages on the mashed potato.



Forte Martina

Muffin

Ingredients

- 220 g flour for cakes
- 2 eggs
- 250g of yogurt
- 180g of sugar
- 115g of butter
- 1 sachet of baking powder

Method

Soften the butter in the microwave for 30 seconds or leave it at room temperature for 15 minutes. Put all the ingredients in the bowl and work the dough for 3 minutes with the mixer or for 30 seconds with the blender. Bake for 15 minutes at 180 ° in the fan oven.



Camerota Rosaria

Play a musical instrument



These days we have a lot of free time. Who has a musical instrument at home can learn to play it to spend time having fun. If you don't know how to start, you can ask for directions to the one in your family who can play it or watch a tutorial on internet. There are a lot of video online which explain how to approach with musical instruments and learn to play them in the right way.



Carbone Monia - La Valle Francesco



PAINTING

To keep busy at home you can also decide to draw.

You can do it in several ways:
on a notebook with pencil and crayons,
on a piece of paper, you can draw and
decorate old clothes, if you have the
right tools you can also pretend to be a
"painter" using a canvas and painting.

The important thing is: keeping busy
so as not to get bored

Conte Sara - Russo Roberto



Devote yourself to a vegetable garden

It's important to eat healthily, especially now, so you can waste your time making a *vegetable garden*



You need a *watering-can* and some *seeds*;

- you can *plant* basil, tomatoes, salad, aubergine, onions, pumpkins or flowers;





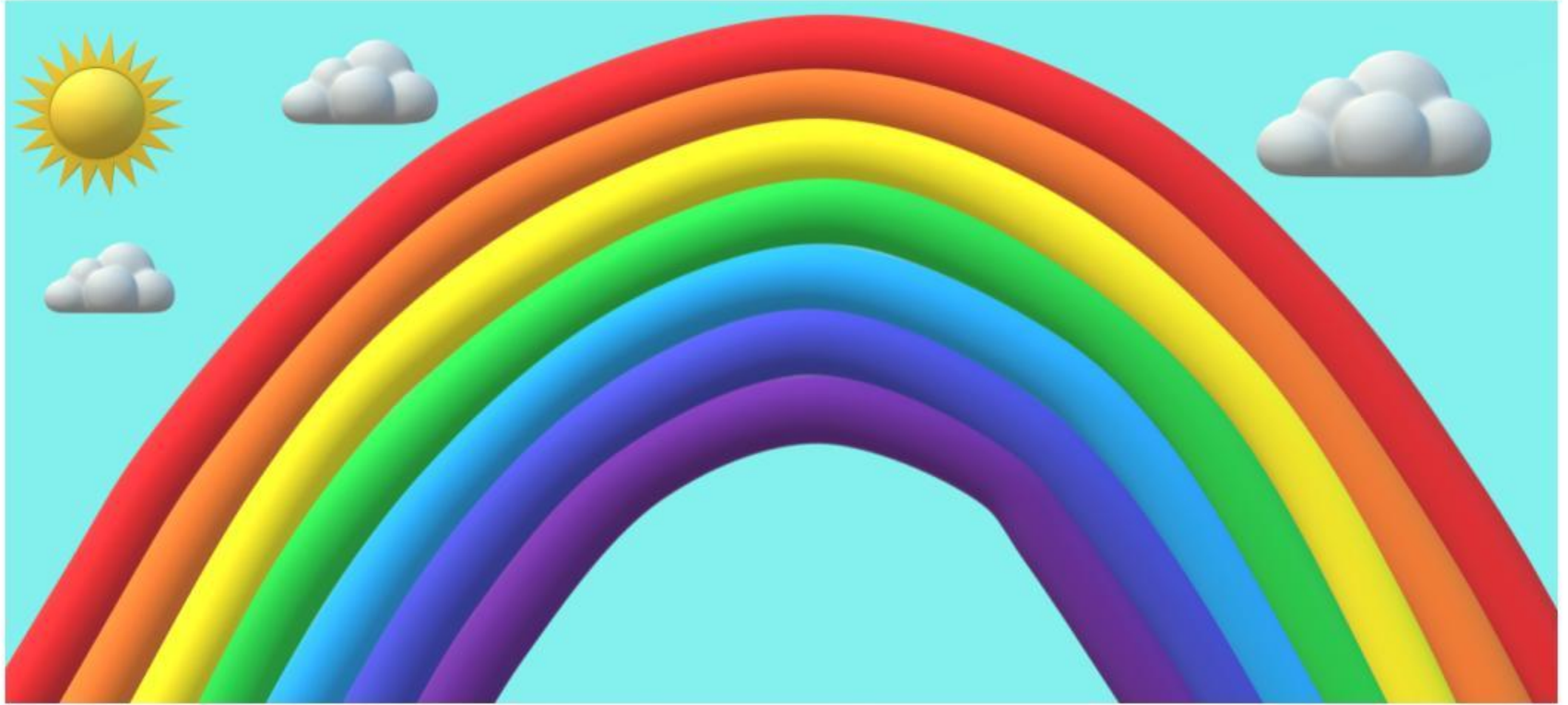
- It is an activity that children can do on the balcony so they can be outdoor



You can feel good
taking care of yourself
and nature

Zangrillo Annamaria - Sparagna Massimo

We recommend you to stay at home because it is the best thing to do, you shouldn't go out for any reasons except in case of strict necessity. If we respect all the rules, we will come back to our daily life as soon as possible.



#Everythingwillbefine