

## TIPS & TRICKS DURING SELF-ISOLATION

### HAVE YOUR HOBBIES

sing, cook, talk to friends, play, play games, dance, watch a movie and so on.



### LEARN

Read books, discover new books and new things, write your homework, follow school online, you can both catch up on your lessons and repeat.



### BE PATIENT

Remember that you are in self isolation so you would help preventing spreading the disease. Use this time to take a break from this busy life.

Enjoy!



### SPEND TIME WITH YOUR FAMILY

Self-isolation is really good opportunity to spend quality time with family, so use it.... Play social games, watch movies, talk!



### STAY IN CONTACT WITH YOUR FRIENDS

Stay in touch, communicate with friends via social messengers, video calls and calls and the like.