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| **What to do during Coronavirus isolation?**  |
|  | During this period of isolation, where everyone should stay at home, it's possible to feel lonely, and bored. There are several solutions for this. We can:  |
|  | * **Read books**

Free audio books,Click [here](http://www.openculture.com/freeaudiobooks).  |
|  | * **Draw**

Models of mandala designs to print outon this [link](https://www.mandalas-gratuits.net/). Other drawings [here](https://maxime098415.typeform.com/to/KAabz3?fbclid=IwAR0yQPEdP4yxgCOWCVl1O1AJvbb8XDd5GYEJSgyXC_oYY6woB0ia5XizVDI). You need to print them out.  |
|  | * **Sports at home**

We can do some sports, * [Yoga](https://www.youtube.com/watch?v=v7AYKMP6rOE)
* [Workout](https://www.youtube.com/watch?v=zejHjXjhdiY)
* [Pilates](https://www.youtube.com/watch?v=yDDFS1kPplI)
* [Dance](https://www.youtube.com/playlist?list=PLI37FJmOtrj1R0fTaqRH6XH5BKEudl0Jq)
 |
| Résultat de recherche d'images pour "télévision word art"C:\Users\Helen\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A6F48A8D.tmp | * **Watch movies**

There are many ways to watch movies.There is of course [Netflix](https://www.netflix.com). But also the Television. There might be some special programs. The website [Openculture](http://www.openculture.com/freemoviesonline) broadcasting more than 700 movies freely.  |
| Résultat de recherche d'images pour "dessin d'opéra" | * **Opera**

During that time, the Paris Opera has decided to make available free of charge its showson this [link](https://www.operadeparis.fr/actualites/spectacles-de-lopera-de-paris-a-redecouvrir-en-ligne).  |
|  | * **Sing**

[Link](https://www.karafun.com/web/?song=26463) to Karaoke songs  |
|  | * **Listen to Music**

There is of course [YouTube](https://www.youtube.com/watch?v=v7AYKMP6rOE).But you can also listen to classic music, and not only on the [Philharmonie de Paris.](https://live.philharmoniedeparis.fr/)  |
|  | * **Museums**

It is possible to dovirtual tours of museums. This means that you can visit a museumwhile staying at homeby clicking on this [link](https://artsandculture.google.com/partner?hl=en).  |
| Résultat de recherche d'images pour "bricoler" | * **Craftwork**

Like [salt paste modelling dough](https://www.teteamodeler.com/boiteaoutils/creativite/fiche10a.htm)!The recipe is on next page.  |

**Salt paste modelling dough**

1. In a bowl, put 1 glass of salt and 2 glasses of flour.

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| Préparer la farine : | + | Préparer le sel : |
| 2 glasses of flour |  | 1 glass of salt |

1. Mix with your hands

the salt and the flour

in the bowl.

1. Add 1 glass of water

in the bowl.



1. Mix with your hands

until you have

a ball of dough.

|  |  |  |
| --- | --- | --- |
| Malaxer : | Ajuster la pâte : | Faire une boule : |
|  The beginning | Still a bit more …  | And there you have a nice ball !  |

1. You can then do some forms

like snails,

a ladybird,

an octopus,

and many others …

1. Then you must leave it dry

for 12 hours

in a dry place.

1. You can then put it in the oven

at low temperature (75°C to 100°C),

for 1 hour.

And let it cool down after.

  

1. You can then paint them !

 