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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 out  on 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 shows  on 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 do  virtual tours of museums.  This means that you can visit a museum  while staying at home  by 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.

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| 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 !

 