

“Corona can’t break us!”

#Westayathome

We are supposed to stay at home because it is the only way we can stop the Corona Virus. But "Corona can't break us!" There are many possibilities for what we can do at home and make the best out of this bad situation!

activities and ideas

Sports

We can also stay fit at home and do something for our health and body. Here are some ideas which kind of exercises you can do.



Although you should stay at home you can go out for a walk or a run. You can do this with a family member or alone. But pay attention! Keep the distance to other people you meet on the streets.

If you have a garden you can do some activities there. Play with a ball or maybe do some gymnastics

Get yourself a sports mat and do a home workout in your room or maybe outside in the garden. You can find really good home workouts on Youtube and usually you just need your own body and some sportswear.

You can try sports which you haven't done before. For example you can do a Yoga session or you can try to learn doing a handstand or a split. Do something which is challenging you!

Cooking and baking

We can cook or bake something while we stay at home.
Here are two recipes you can cook or bake.

Recipe for some healthy sweet potato Brownies:

You need:

- 450 g sweet potatoes
- 130 g dates (soft or fresh)
- 100 g banana (the riper the sweeter)
- 100g powdered almonds
- 2 tablespoons coconut oil
- 80 g powdered oats
- 3 tablespoons cocoa (for baking)
- 2 teaspoons baking powder



Steps:

- Wash and peel your sweet potatoes, cut them into little pieces and cook them with a bit of water until they are soft (15-20 minutes), decant the water
- Put your dates into warm or hot water and let them soak (decant the water after 5-10 minutes)
- Liquidize the banana
- Put the cooked sweet potatoes, dates and the liquidized banana together and liquidize again
- Prepare your oven: Preheat to 175 degrees
- Get a small baking pan and lay it out with baking paper
- Put your almonds, cocoa, oats and coconut oil to the liquidized ingredients and liquidize again until you have a smooth mass
- At last mix your baking powder in it
- Put your mass in the baking pan and spread even
- Bake for around 35 minutes

Optional but tasty → top it with almond or peanut butter and enjoy!

Recipe for a pasta one pot:

You need:

- 500 g Pasta of your choice
- 1 can of sieved tomatoes (450g)
- 1-2 peppers
- 2-3 fresh tomatoes
- 3-4 carrots
- 1 can corn (300g)
- 200g Creme Fraiche
- Salt and pepper

→ You can also add other vegetables if you want to



Steps:

- Wash all your vegetables
- Peel your carrots and cut them into pieces
- Steam your carrots with some oil until they are medium soft
- Cut your peppers and tomatoes into little pieces
- Liquidize your sieved tomatoes
- Heat up your liquid tomatoes in a very big pot
- Mix your peppers, fresh tomatoes, corn and the steamed carrots into the liquid tomatoes
- Give salt and pepper into your pot (you have to taste how much you need)
- Let the sauce cook at a low – medium grade
- Cook your pasta in a separated pot
- Decant the water of your pasta, put your pasta into the pot and mix it with the vegetable sauce
- At last also mix the Creme Fraiche with pasta and sauce into the big pot
- Make sure you added enough salt and pepper to it
- Serve it and enjoy your meal!

Decoration

It is important to feel comfortable at home because we have to spend a lot of time there at the moment. So we can decorate our room or other rooms of our home. Here are some ideas to decorate your rooms.

Pictures:

- Put pictures on your walls
 - Maybe pictures of you, with your friends or with your family
 - This will make your room more personal and individual

Candles:

- Place candles in your room
 - Candles can make your room look very pretty and create a cosy atmosphere

Pillows:

- Place many pretty pillows on your bed
 - A bed is very essential for a room so if your bed looks tidy, cosy and pretty the whole room looks prettier
 - You can make your bed much more comfortable with many pillows which look pretty

Plants:

- Place some (fake) plants in your room
 - Plants can make your room look fresh, happy and really pretty
 - They create a very springlike and summery atmosphere
 - If you don't want to care for your plants you can also use fake plants which can look also very pretty
 - Plants can also improve air quality in your room



Organization

I think we all know the problem of a messy wardrobe or very unstructured school stuff. Now we have time to get things organized and structured. After organizing and structuring things I always feel much more comfortable and kind of freed. There is usually so much stuff we have but we don't need so we can also sort some of this stuff out and maybe donate it.

Wardrobe

Ideas for structuring:

- Sort clothes out
 - I am sure there are many things you haven't worn for a long time! Maybe you can sort them out... (Then there is also more space for new clothes 😊)
- Think about the season and store the things out which you don't need for the current season
- Think about what you are wearing really often and put the things you usually wear at a place where you can get them easily
- Split your wardrobe into different categories
 - Jeans, Tshirts, Sweatshirts, Hoodies, Sport clothes, Sweatpants, Underwear...
- Sort clothes by color
 - It looks a lot tidier
- Do not just fold your clothes, also hang them up on hangers
 - Like dresses, blouses, Hoodies, Jackets, Cardigans...



School stuff

- Sort the content out of your folders which you don't need at the moment
 - But don't throw it away, sort it in another folder based on the subject because maybe you will need it again
- Design cover sheets for your folders
- Sort your pencil case
- Prepare structured folders for every subject



Room

- Sort the things out which you don't need anymore
- Decorate your room so you feel more comfortable
- Structure your cupboards
 - It is important that your room does not just look like it is tidy, it has to be tidy from outside and from the inside as well
- Know where your things are
 - You have to have specified places for your things because then you always know where your things are and you don't have to search for them
 - If your things have specified places you can always put your things back at these places so your room doesn't get messy

Face time with your friends

At the moment we can not meet our friends and do activities with them. But there are many apps which you can use to video chat with your friends. You can talk together, play something or maybe do a workout together. If you are doing this with your friends on video it may be a bit like meeting them physically.

Apps you can use:

Whats App(Face time), Skype, Zoom, Houseparty...

Do your tasks for school

Despite of the current situation, it is important to get on with school although it is by doing tasks at home and send them to our teachers.

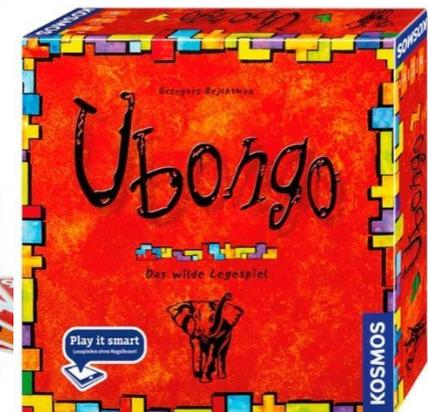
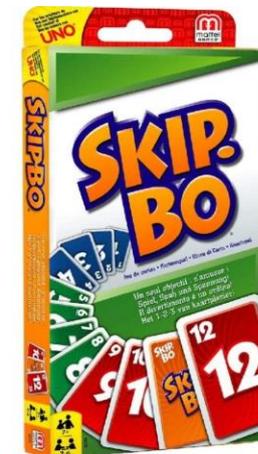
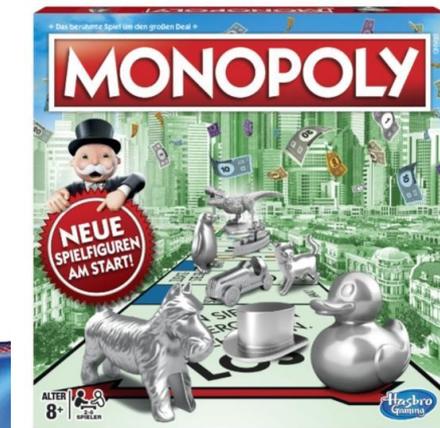
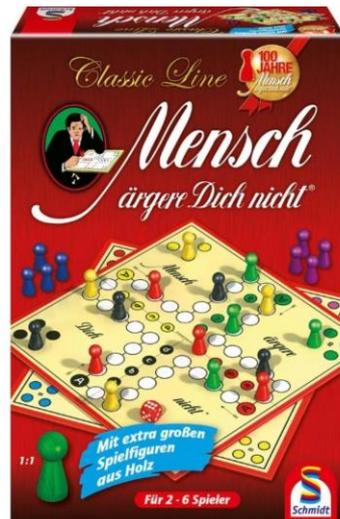
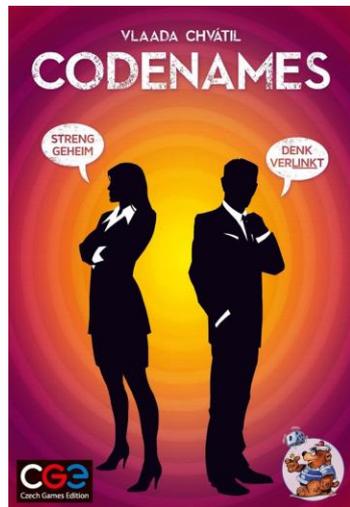
→ Keep being motivated and try to have a routine so you can also be productive at home. Do your tasks regularly and properly because this situation won't be forever and at a certain time we have to continue with our everyday life again and school will go on.

Time with your family

Now we have time to spend much time with your family. Do things together which you don't usually do because you don't have time to do them. You can cook together, play games, watch a movie, do sports, go out for a walk (but pay attention) or just talk with each other. You can maybe even get to know your family better. 😊

Parlourgames

Games are a great way to spend time with your family. Here are some examples for funny and exciting parlourgames.



Me time

Spend some time with yourself and enjoy it to care for your soul, body and health!

Take a bath

- If you have a bathtub you can relax and spend some time in there
 - Ideas to make the bath more enjoyable
 - Dim the lights in the bathroom and light some good smelling candles, this will create a very relaxed atmosphere
 - You can use bath salt to make the water smell well
 - Read a book or watch a movie while you are taking the bath (but pay attention that things are not getting wet)



Skincare

- Wash, peel and put cream on your skin
- Put a face pack on your skin or mix it yourself at home
- Take a break from wearing any make up, you are beautiful the way you are

How to make a face pack by yourself:

You need:

- 2 tablespoons coffee grounds
- 1 tablespoon olive oil
- 1-2 tablespoons honey
- ½ teaspoon caster sugar

→ Mix your ingredients together and put it on your face for 30 minutes. Afterwards you can also use it to peel your skin if you want. To peel your skin you have to rub it carefully into your skin while you wash your face with warm water. If you don't want to peel your skin afterwards you can just wash it off.



Manicure

- Now and have time to care for your body and here are many relaxing ideas to do some selfcare
- You can also care for your nails
 - Cut and file your nails
 - Paint your nails with some nailpolish

!! Side fact!!

Because of the Corona Virus it is more hygienic to have short nails because under your nails can accumulate lots of dirt and many viruses.



Be creative!

Draw something...

- Maybe you like to draw something or learn how to draw
- You can also draw on a canvas because maybe you feel more professional and it makes more fun
- If you like what you drew you can also decorate your room with this picture

Do a handicraft...

You can do a handicraft because it is very fun. You can work on something for your room or do something for your parents. I am sure they would be very surprised and happy about a little present!

Start a diary...

You have so much time you have to spend with yourself and maybe you also get to know yourself a little bit better. You can start a diary about how you feel in this situation and also what is going on in this world at the moment. Maybe it will help to reflect the whole situation and it is easier to deal with it.

Other ways to spend some time alone...

Read a book

Reading a book is the perfect way to calm down and maybe make a break from social media. You can stop thinking about the current situation and immerse yourself in the world of the book.

Listen to a podcast

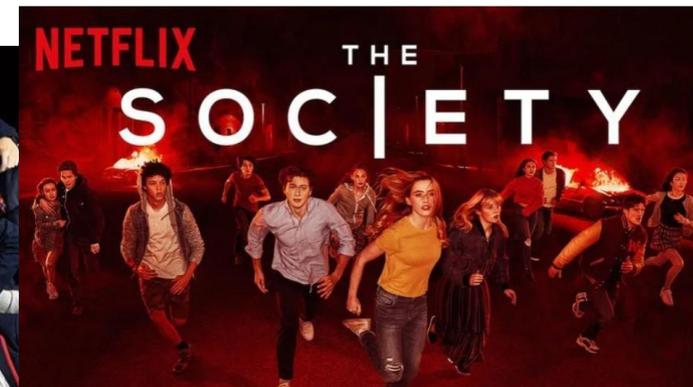
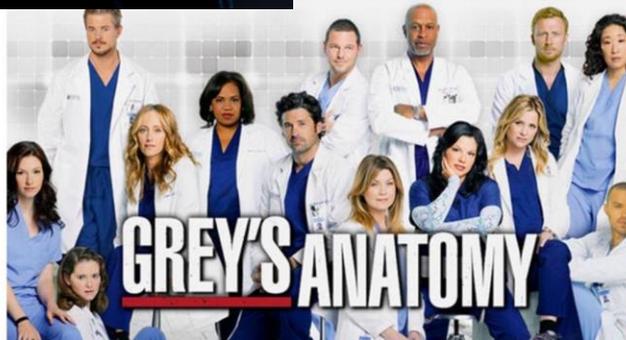
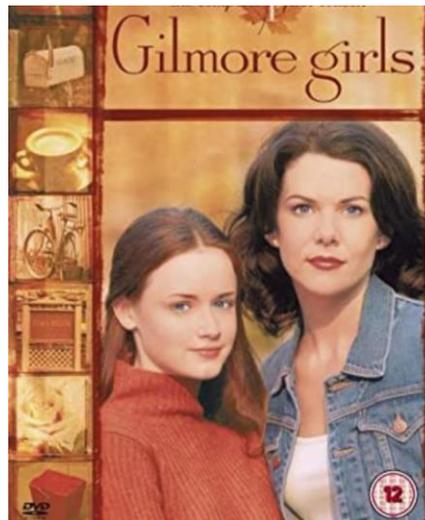
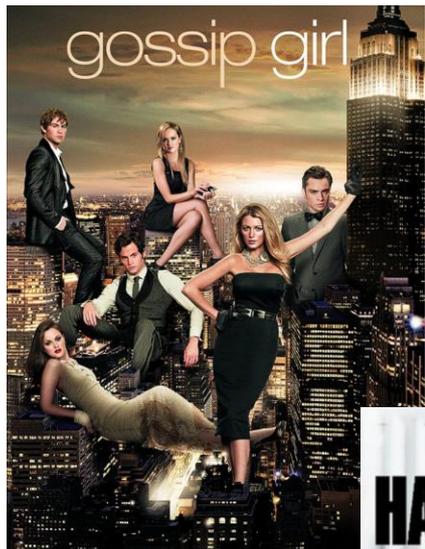
Listening to a podcast can be very relaxing and it is a very good way to inform ourselves and to get more knowledge. Many podcasts also make you think about important topics.

Listen to music

Listening to music can calm you down or making you really happy. It is always a good idea to listen to your favorite music!

Watching series

You can start watching series on Netflix or Amazon Prime and do a movie night in your bed. Maybe you should not watch the whole time but sometimes it can be very relaxing. Here are some ideas with which series you can do “binge watching”.



Order at a restaurant

Maybe we can't go out and eat at a restaurant but many restaurants offer home delivery services or you can pick up your food. By using this service you can also support your local restaurants. It is really hard for restaurants at the moment because if nobody visits them they can't make rates.

Onlineshopping

We can't go shopping in the city but there are many online websites where we can spend time for shopping. Here are some examples for websites.



Weather

Spring is coming and if you have time at home you can go out in the garden or sit down on the balcony and enjoy the sun. Of course just if the weather is good! Enjoying the sun is also really good for our health because we can finally get some vitamin D after winter!



Maybe you like and try out some of these ideas... With these ideas we can maybe learn to enjoy the time at home and make the best out of this situation!

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#Westaypositive