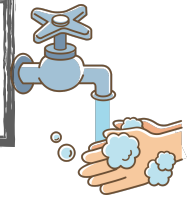


Once upon a Quarantine...



Pamela was feeling a bit sad because of Coronavirus. **Fortunately**, she wasn't feeling ill or infected, but everyone must stay home and **social distance**. This meant she was getting very bored, and **irritable**.

One day, Pamela looked outside and there was a bright, shining star in the sky. They say that if you wish upon a star, your dream will come true.

'I wish everything could be okay!' wished Pamela.

Suddenly, there was a golden balloon floating near her, with a piece of paper tied to it.

Pamela took the paper and read the message:

'It's important to spend time with yourself sometimes, Pamela. You can learn new skills, practice your English, give yourself some love, and relax.

Learning new skills can be fun. Have you ever wanted to learn how to dance, or sew your own clothes, or bake cakes? Sometimes we are scared to try to new things because of what other people might think, or because we don't have time to become perfect. Well now, you have at least 12 weeks to practice whatever you want!

Give yourself love. You can do this so easily just by taking care of yourself. Make sure you get some exercise every day — maybe this could be your chance to become healthier! Try yoga- it's a great way to relax whilst exercising your mind, breath and body. Laugh! Watch a funny film, write a funny story, tell a joke or read a funny book!

This can be a great chance for you to **recuperate**, so please don't see it as a bad thing, Pamela. Just make sure you wash your hands, don't touch your face, and stay away from other people!'

After reading the letter, Pamela felt a lot better. She decided to write a list of new skills she would like to learn, and decided to exercise her body and mind everyday by practicing her English and exercising in the garden.



- | | |
|-----------------------|---|
| <input type="radio"/> | Pamela's list: |
| <input type="radio"/> | - Make up a dance to my favourite song |
| <input type="radio"/> | - Write letters to my friends to send them support and love |
| <input type="radio"/> | - Complete my jigsaw puzzle |
| <input type="radio"/> | - Exercise in the garden |
| <input type="radio"/> | - Learn new makeup tricks |

Now write up your own 'Once upon a Quarantine..' list!