

What can I do during new Corona regulations?

- 1. You can meet with a friend or family and**
 - a. go outside for a walk and relax from stress
 - b. cook together and try out new recipes
 - c. go to the playground
 - d. visit sights in Munich for example the city hall from outside
 - e. play board games or cards inside
- 2. Clean or tidy up your place**
- 3. Be creative and try drawing or crafting decoration for your place**
<https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/>
- 4. Try out new learning programs for your kids**
For example <https://programmieren.wdrmaus.de/welcome>
- 5. Try out streaming programs like amazon prime and netflix**
You can always try 30 days for free and then cancel the membership before you have to pay
- 6. Learn german online**
For example with watching a german series or youtube videos or take part in a course (offered in the newsletter)
- 7. Read a book**
- 8. Practice sports**
Outside: go for a walk, try jogging or ride your bike
Inside: Work out with a youtube video
For example <https://www.youtube.com/watch?v=IFQmOZqvtWg>
- 9. Stay in touch with your friend groups through video calls**
You do not have to give up on seeing each other completely. Meetup online and have group conversations and interactions. For example via
Skype <https://www.skype.com/de/get-skype/>
Zoom <https://zoom.us/zoomrooms/software>

Kooperationsprojekt: