Moral Ed April 13th:

Activity 1:

1. I am faced with a hard decision of going out and doing exercise or staying home and being safe and not getting fined
2. Very bored, very fat.

Activity 2:

1. We are getting vitamin D from the sun, we can stay in our gardens (if you have one)
2. Because we are staying home self—isolating which will keep us safe from the virus
3. Because we can spend more time with our family or lover (if you have one)
4. We need to stay positive and think that we are saving the world, we also need to keep ourselves occupied with things like music to keep our mood up.
5. By self-isolating we will be able to focus more which will help us self-actualize, we can also focus on what we want to self-actualize in rather than external activities.

A picture containing person, man, sitting, young

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