Hello I’m Kevin, We have to stay at home 14 days or more if it is necessary, so we need some tips for not lose your mind.

First of all, we need to do a routine every day for keep busy. For example, wake up earlier for maximize time, teleworking few hours and do some sport indoor. Now we can spend some time to see again our favourite films or series. Also we can play board game or videogames with family and friends, right now with internet it is very easy. And for me, the most important tip, we can use Skype or other programs to watch friends with cams at a distance.

I think it is all, thanks for listen, see you soon in class I hope, by.