ENGLISH 5th: (**25th May 2020)**

The posters reflect some of the most common suggestions for calming down and staying healthy in times of stress:

* Drink water.
* Eat healthy food.
* Exercise.
* Get facts.
* Get fresh air.
* Get sunshine.
* Get rest.
* Keep in touch.
* Keep a journal.
* Keep a routine.
* Laugh.
* Limit your intake of news.
* Meditate.
* Listen to music.
* Practice a hobby.
* Relax.
* Take a walk.
* Do yoga.



Make your own posters (image and text) and put/hang them in different parts of your house. Send photos with the result. ([mferr366@xtec.cat](mailto:mferr366@xtec.cat))