

„In the time of quarantine.”

There aren't many opportunities to spend time actively during the quarantine. However, I try to practice every day for 15 – 20 minutes. Ones of my favourite exercises that can be done at home are push-ups and squats. This year I played badminton several times, I rode a bicycle or a scooter but now it's unfortunately impossible.

I also train in everyday chores for example washing dishes or vacuuming. My Mum likes this activity the most. In the evening I often play some board games with my family for example “Dobble”, “5 seconds” or “Jenga”. The last one is my favourite.

I hope the quarantine will end soon so I could hang out with my friends or just leave the house.

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