

How to Stay happy in this Pandemic?

In this pandemic, our movement is restricted, and we must stay at home. All of us had a daily routine of going outside to play with our friends that kept us happy, fit, and energetic. But now everything has changed. Staying at home makes us sad. Big question is, during these tough times how can we still keep ourselves happy and motivated? And I have the answer to this big question.

The answer lies with so many wonderful people around us i.e. our parents, siblings, and grandparents. We all can spend time with them listening to stories from our grandparents. We can play board games like Ludo, chess, snakes and ladder, musical chairs, hide and seek, etc. with our parents and siblings. It is the best time to learn the games that our elders used to play in their younger days. Along with this, if we keep our body fit by practicing yoga, our mind will automatically be happy.

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