

Energy in quarantine

Are you feeling bored? You don't know what to do?

Here is the perfect brochure to help you pass time in a very successful and efficient way!



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Feeling like music?

Let's play, sing and dance!.....→ go to page 12

Feeling hungry? Let's bake!

Pancakes

Prep: 5 min

Total: 20 min

Serving: 4

1. *1 cup all-purpose flour, (spooned and leveled)*
2. *2 tablespoons sugar*
3. *2 teaspoons baking powder*
4. *1/2 teaspoon salt*
5. *1 cup milk*
6. *2 tablespoons unsalted butter, melted, or vegetable oil*



7. *1 large egg*
8. *1 tablespoon vegetable oil*
9. *Assorted toppings: butter, maple syrup, confectioners' sugar, honey, jams, preserves, sweetened whipped cream, or chocolate syrup*

Yummy chocolate chip cookies

Recipe can be made in half

This makes 48 cookies,

10. *1 cup butter, softened*
11. *1 cup white sugar*
12. *1 cup packed brown sugar*
13. *2 eggs*
14. *2 teaspoons vanilla extract*
15. *1 teaspoon baking soda*
16. *2 teaspoons hot water*
17. *½ teaspoon salt*
18. *3 cups all-purpose flour*



19. *2 cups semisweet chocolate chips*
20. *Preheat oven to 350 degrees F (175 degrees C). Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Add baking soda to batter along with salt. Stir in flour, chocolate chips. Drop by large spoonful onto ungreased pans. Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.*

Chocolate Ganache recipe:

100 grams chocolate to 100 ml Cream: too soft
good for dipping fruits in.

100 grams chocolate to 50 ml Cream: nice and
thick good for frosting cake.

21. *Place finely chopped chocolate into a heat-proof glass or metal bowl.*
22. *Heat cream on the stovetop until just simmering. If it's boiling, the cream is too hot and could separate or even burn the chocolate. Once you see little*



simmers around the edges, turn off the heat and immediately pour the warm cream over the chocolate.

23. *Let the two sit for a few minutes before stirring.*
24. *Stir until smooth.*
25. *After you stir the chocolate and warm cream together, use the ganache right away as a fruit dip or drizzle on top of cakes, cupcakes, pound cakes, ice cream, and more. But if you wait about 2 hours and let it cool completely, the ganache can be scooped with a spoon, spread onto desserts, or piped with piping tips.*

Caramel Sauce

26. *1 cup packed brown sugar*
27. *1/2 cup butter*
28. *1/4 cup milk*
29. *1 teaspoon vanilla extract (optional)*
30. *Bring brown sugar, butter, and milk to a gentle boil and cook until thickened, 1 to 2 minutes. Remove from heat; add vanilla extract.*



Chocolate Cornstarch Pudding:

31. *1/2 cup white sugar*

32. 3 tablespoons unsweetened cocoa powder

33. 1/4 cup cornstarch

34. 1/8 teaspoon salt

35. 2 3/4 cups milk

36. 2 tablespoons butter, room temperature

37. 1 teaspoon vanilla extract

38. In a saucepan, stir together sugar, cocoa, cornstarch, and salt. Place over medium heat and stir in milk. Bring to a boil, and cook, stirring constantly, until mixture thickens enough to coat the back of a metal spoon. Remove from heat and stir in butter and vanilla. Let cool briefly, and serve warm, or chill in refrigerator until serving.



Feeling energetic? Let's do sports!

Overall body workout:



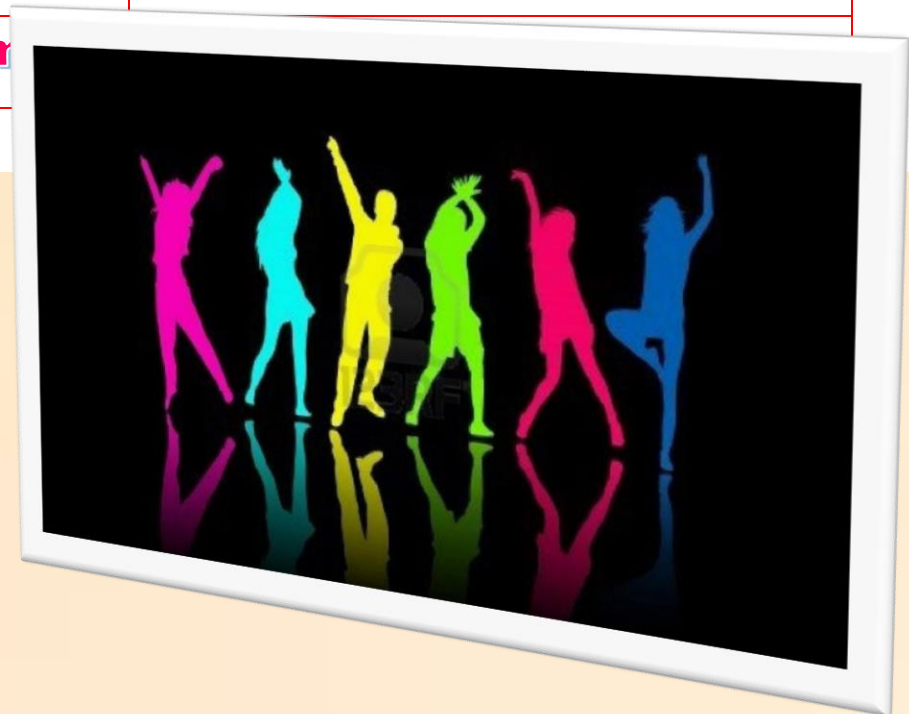
Have a timer so that you know when to stop



No.	Sports activity	Time	Approximate number of exercise
1.	Jumping jacks	30 sec	30
2.	Push-ups	20 sec	5-10
3.	Sit-ups	30 sec	15-20
4.	Lunges	1 min	30 for each leg
5.	Planks	30 sec/1 m	

Dance

1. *Try learning the basics of varieties of dance types. You never know, you might like*



learning more. Here are a few suggestions

2. *The posture is a highly important factor. Your eyes should be looking forward. Head and back upright. The shoulders should be back and relaxed, weight balanced on both feet and most importantly smile!! Be proud!!*
3. *Finally try out the dance types. Listen to the music counts and identify the patterns. Here are the most common dance types:*
 1. *Salsa*
 2. *Samba*
 3. *Hip-hop*
 4. *Street hip-hop*
 5. *Ballet*

Water games

You must be feeling very hot and fresh. Go out and have some fun. It's time to get wet.

1. *Volley ball with a water balloon*

1. *Fill in a water balloon and replace it with a volleyball. You are now playing volley-balloon.*

2. *Duck, Duck splash*

1. *All the kids sitting in the circle will have their eyes closed and the person going around chooses the person by saying splash and splashing the child with water. If the catcher catches the runner, he gets to spray the child with water.*

3. *Liquid limbo*

1. *Have a child hold a water hose and make other children stand in a line to pass underneath the water hose.*

4. *Flippers, Don't fall*

1. *Wear flippers and run while wearing them and fill up a bucket of water*

Gardening

Plant a flower and remove the old plants.



The garden would look amazing after its been taken care of. Let's head to work!

Make your own grass head

You will need: stockings, scissors, elastic band, marker, paper, cotton wool, googly-eyes, spray bottle, craft glue and a packet of grass seeds.

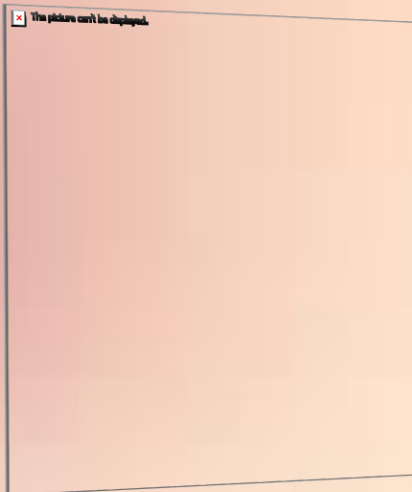
How will I do it?

1. **Step 1:** Cut the stockings just above the ankle.
2. **Step 2:** Fill up the stockings with grass seeds and sphagnum moss and make a knot at the top about the size of a tennis ball. This will be your head.
3. **Step 3:** Pinch the front of your head to make a nose and tie the end with an elastic band.



4. *Step 4: Add some features to the face. You could add googely eyes, draw eyebrows and a mouth. You could also add a moustache or draw a beard.*
5. *Step 5: Decorate the plastic cup and fill half of it with water. Place the head in a cup and make sure the dangling end touches the water. Leave it on a windowsill so that it could get sunlight and start growing.*

6. Carve a tree



Capture some fun memories and save the date!

Or carve some shapes and paint them to make them look more visible. Careful not to carve too deep. We don't want to destroy the tree.

Also, be careful not get splinters into your fingers. Work gently.

Make natural perfume

It's easy. All you need is a flower from your garden, water, and a bottle.

- 1. First, wash the flower petals gently.*
- 2. Next, soak the petals in water.*
- 3. Then, heat the water with the scent of flowers.*
- 4. And last, bottle the perfume.*

What a fresh scent!

Music:

Beatbox creation: *Try singing a song, but instead of the lyrics, try singing the tone through beatbox. Let's see if your friends would recognize the song. See who does it better.*

Karaoke: *Make a surprise for your family. Create a karaoke event and prepare some songs with their lyrics. Who is the best singer in your family? Don't forget the best singer could be YOU!*

picture can't be displayed

Instrument communicates: *With your family, try playing different tones of music that interpret a certain tone. Can they guess if it's a happy tone, thrilling tone, or maybe a tone that can mean that time is passing tick tock tick tock...*

Combine music: *Have you ever thought of re-creating a song? You can easily do that by mixing songs together, maybe come up with your own song. Not sure how to do that? Download Edjing mix. Choose several songs you like and try mixing them together. Can you make your own DJ at home?*

Something out of nothing: *Create your own music. Make your own band. That's easy. All you need to do is get creative. For example, you can get a pan along with a wooden spoon or maybe a metal spoon, with a ringtone from your phone in the background. Don't be too noisy. We don't want to annoy the neighbors. :)*

Most importantly have fun!

Enjoy!

Stay safe!

Reward yourself!

Play!

Watch a movie!

Make the best out of your free time!

You are never getting it again!