

L I F E I N

L O C K

D O W N



C O N T E N T S

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Washing your hands



Sing happy birthday while washing your hands.

EXERCISE

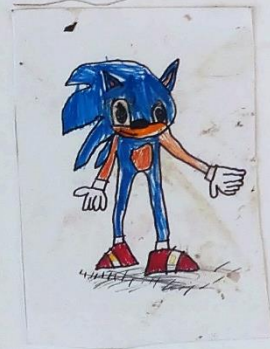


you can go out for
a walk.

4

read

this awesome
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