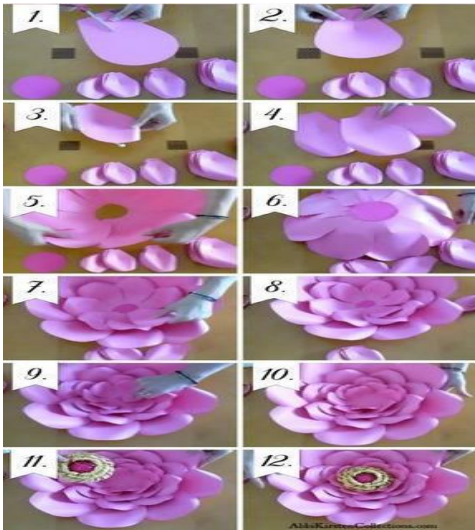




DIY Art Projects



[Click here for more origami art ideas!](#)



[Click here for more Ceiling Hanging Craft](#)

Spending
Summer Time
Positively!

[Click here for more quilling art ideas!](#)



[Click here for handicrafts projects!](#)

DIY Science Projects



[Lava Lamp](#)
[Bottle Tornado](#)
[Rock Candy, Glitter volcano etc.](#)
[Colored Celery Plant](#)
[Click here for further experiments to try!](#)



Indoor Exercises

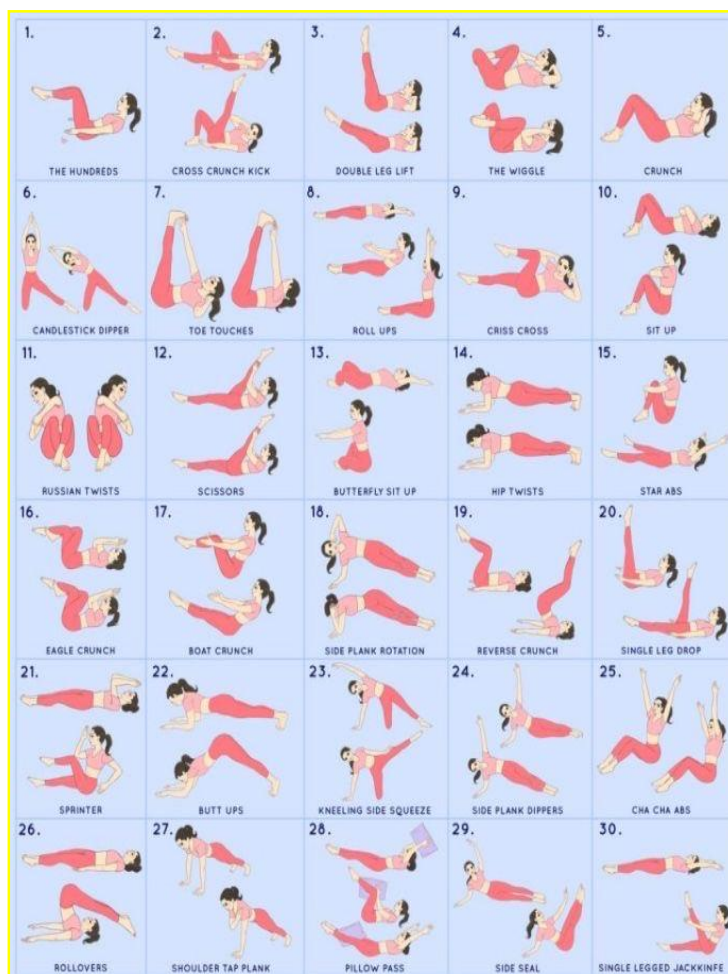
It is very important to keep healthy specially during the vocations.

15 minutes Stress and Anxiety Relieving Exercises



[Further Stress Relief Exercise Anxiety Control Exercises](#)

Take the 30-30 challenge
30 exercises in 30 days for 30 minutes!



Sleep Improvement Exercises



[Breathing Exercises For Better Sleep](#)

[Cardio Exercises By NHS](#)

[15 minute Exercises](#)

Online Courses

PES provides a platform for free online courses from the following well known websites. [Click here for teams link to the courses.](#)

