Recipe for a Happy Lockdown

Ingredients

* Chocolate
* Trainers
* Kettlebells
* Books
* Craft
* Paint
* Cake
* Positivity
* Motivation
* Education
* Hope

Method:

1. Start by adding  a splash of trainers and stir until all the laces are mixed in. This is best done early as to avoid cross contamination with other ingredients. Finely chop up the kettlebell and gradually increase the amount in the dough.
2. Add a dash of education and complete your school work until you can no longer see any lumps.
3. Next fold in the positivity and pride in finishing your work for the day.
4. Leave to chill for an hour with a good book or some music as this gives the dough time to relax and expand.
5. Mix in some needles and thread to add a bit of texture and colour.
6. Add some pencils and pens.
7. Leave to chill regularly with friends at least once a week.
8. Pour in the paint and stir gently for a marbled affect.
9. Chill overnight with a dramatic film and pile in the chocolate and popcorn.
10. Finally bake and serve with motivation and hope.