

RESTAURANT OF LIFE

THIS

IS

LIFE



MENU SET



Life brings tears, smiles, and memories.

The tears dry, the smiles fade, but the memories last forever.

READ BEFORE YOU ORDER

WHAT IS THIS FOR...

Refer to the current situation (coronavirus), people's lives changed a lot.

So, this menu set is designed for my dear customer, you, to experiences different lives.

coronavirus meal

people who unluckily get
the virus

de-stress meal

people who feel worried
about the situation and
need to relax

energetic meal

people who are lack of
physical activities under
quarantine need to
exercise more

stupid meal

people who need
quarantine and stay at
home too long starting
to do stupid things

HERE'S

FOUR

DIFFERENT

MEALS...

HOW TO ORDER...

YOU ARE NOT ABLE TO CHOSE THE MEAL BY YOURSELF

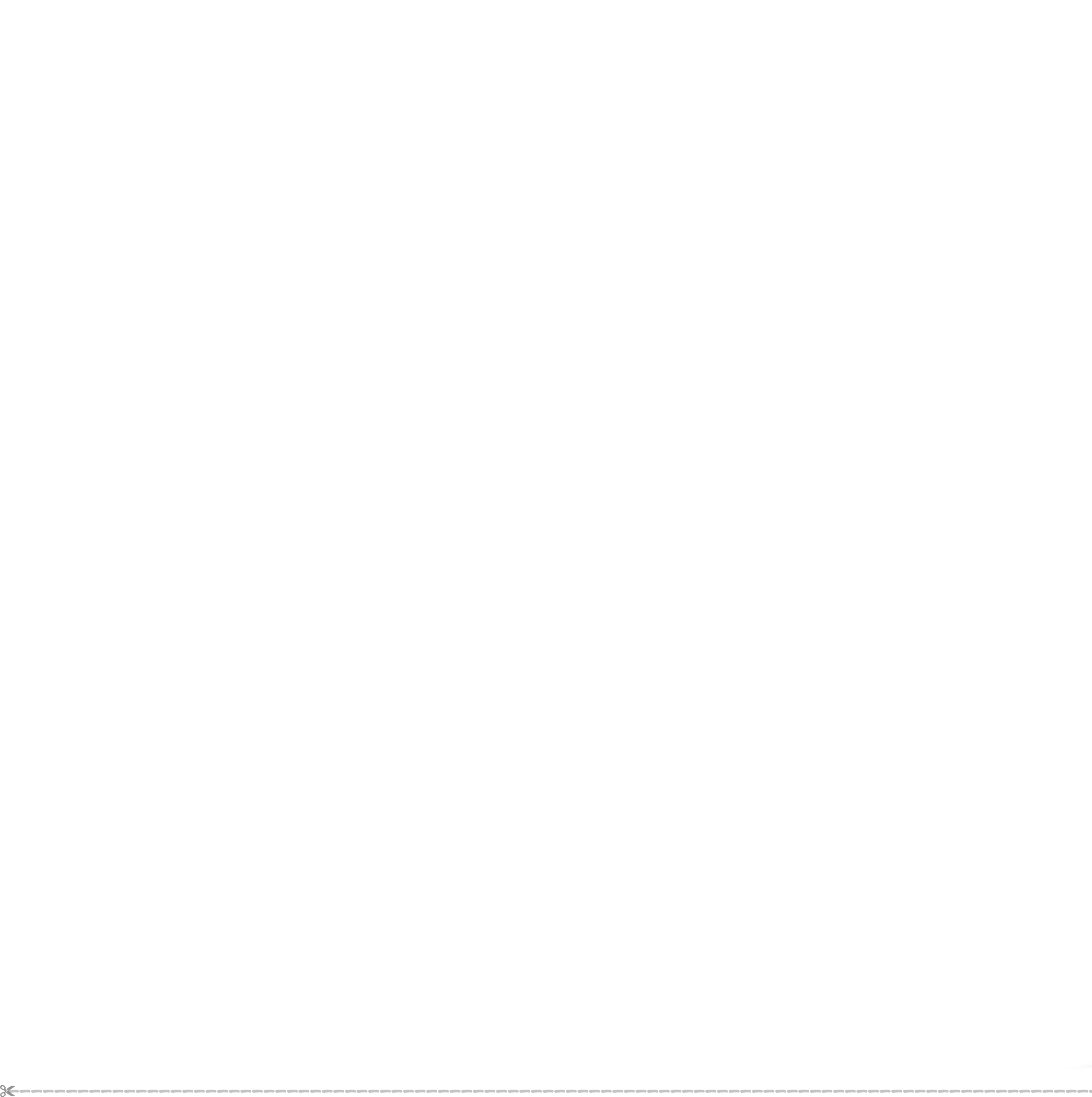
THE GOD OF FATE WILL HELP YOU TO CHOSE :)

1. GO TO THE NEXT PAGE

2. CUT THE PAGE OUT

3. FOLLOW THE INSTRUCTIONS

4. ENJOY YOUR MEAL



SQUARE PAPER

1.

2.

3.

4.

REVERSE

5.

6.

REVERSE

7.

8.

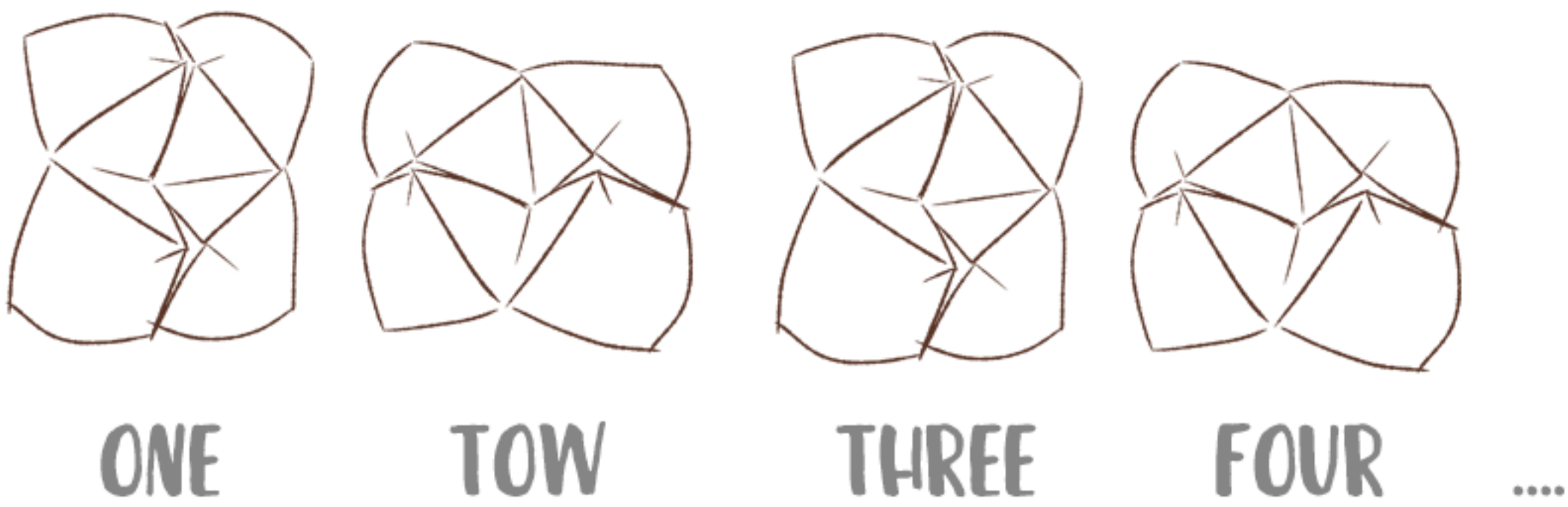
9.

WRITE DOWN THE
FOUR MEALS TWICE
ON THE EIGHT SMALL
TRIANGLES

WRITE DOWN "EAST,
SOUTH, WEST, NORTH"
ON THE FOUR SQUARES
CLOCKWISE

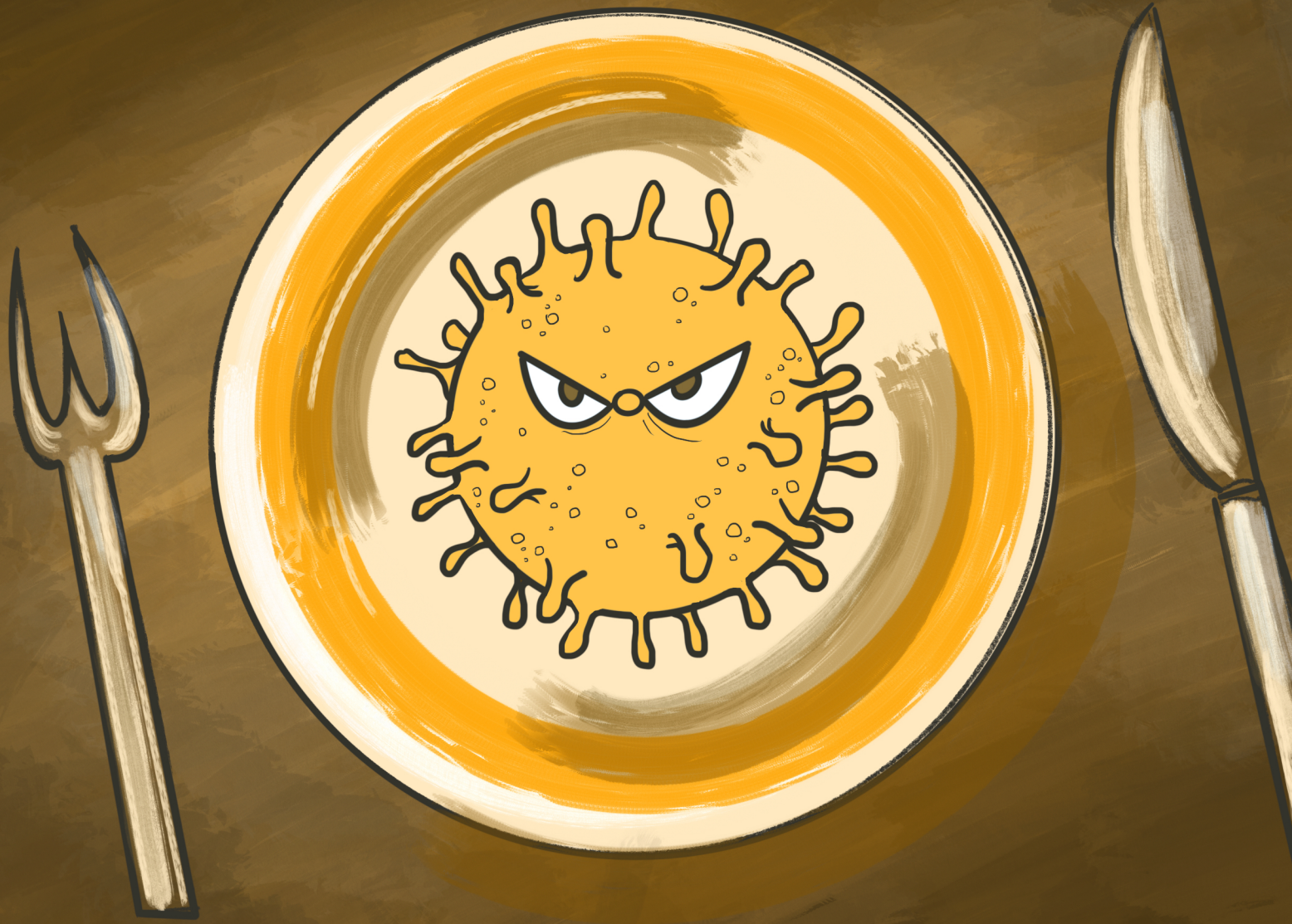
HOW TO PLAY?

- 1. CHOOSE A DIRECTION: N/E/S/W
- 2. CHOOSE A NUMBER
- 3. OPEN IT BY UPSIDE-DOWN AND LEFT-RIGHT REPEATEDLY (TIMES OF OPENINGS BASED ON THE NUMBER YOU CHOSE)
- 4. THE MEAL WILL BE DECIDED ACCORDING TO THE DIRECTION YOU CHOSE



COVID-19 Set

LIMITED EDITION



Experience contracting COVID-19 at home

SIMPLE | ACCESSIBLE | INTROSPECTIVE

Appetizer



1. Find a quiet place at home
2. Find a chair

Move it to the quiet place and sit down

3. Close your eyes and listen to the recording
Feel the tension of the environment
Empathise with the coughing patients



Soup

1. Get into your bathroom and take a hot shower/bath
(Keep the water temperature at 38-40°C if possible)
2. Close your eyes
Feel the heat of water on your skin
3. Take a deep breath



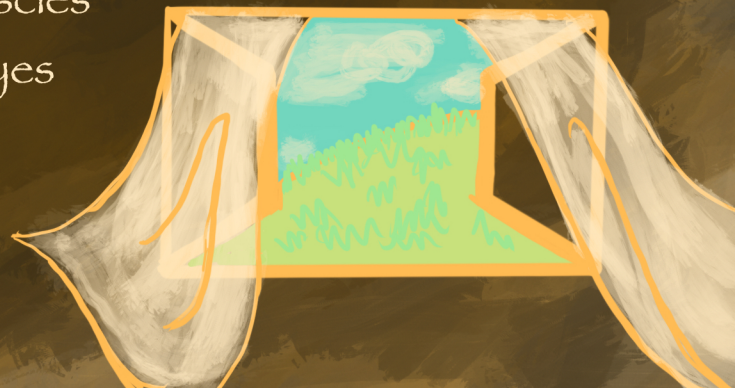
Main Course

1. Find a comfortable space at home
2. Wear a mask and do push-up for 5 minutes
Feel the ache of your muscles
Feel the shortness of your breath
3. Rest for 1 minute
4. Repeat Step 1-3 until you are completely exhausted



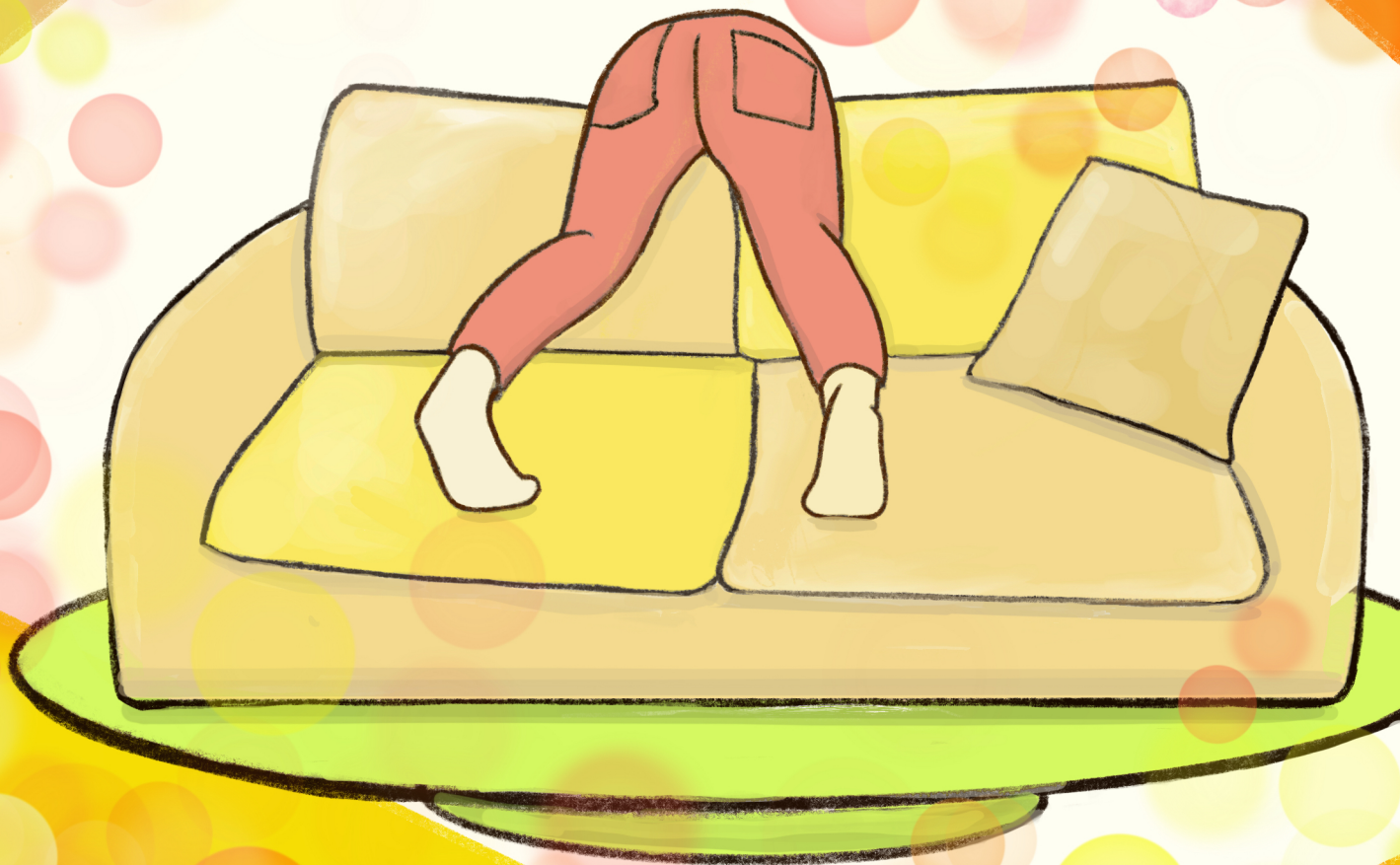
Dessert

1. Stretch your limbs and relax your muscles
2. Open the windows and close your eyes
Feel your gentle breeze of wind
Feel the warmth of the sun
3. Take a deep breath



STUPID SET

I'm NOT CRAZY!



Entertain yourself at home.

Personal | Entertainment | Informative

STUPID SET

I'm NOT CRAZY!



Appetizer

Find a song with strong beats
Listen to the song and hit a plastic bag into the air
Don't let it touch the floor until the song stop.

Soup



Play rock-paper-scissors with yourself and try to win
OR

Make 10 of your stationeries stand on a table with the non-dominant hand



Main Course

Pretend to be and walk like a worm
OR

Walk around your home for 2 times with a crouched position and hands at the back
OR

Use any kind of fruits (eg.banana) as a mic and sing 3 songs in front of a mirror loudly

Dessert



Laying on the floor or sofa and pretend to be drama queen.



Energetic Set

**GET
Movin'!**

*All you need to experience an energetic meal
is a cup of cool water
#StayHomeStayHealthy2020*

Energetic | Positive | Refreshing

Menu

Appetizer

Get up!!

Walk around your house,
find somewhere dusty.
Feel the dusty air around you.

Soup

Warm up!!

Clean up that area,
you can use cleaners,
make sure the area is stainless.
Enjoy the cleanliness at this moment.

Main

Sweat off!!

Open the windows,
let the wind ventilate the house.
Try your best to follow
the workout video!

OR

Feel free to do any exercise you like.
JUST KEEP MOVING and SWEAT!

Dessert

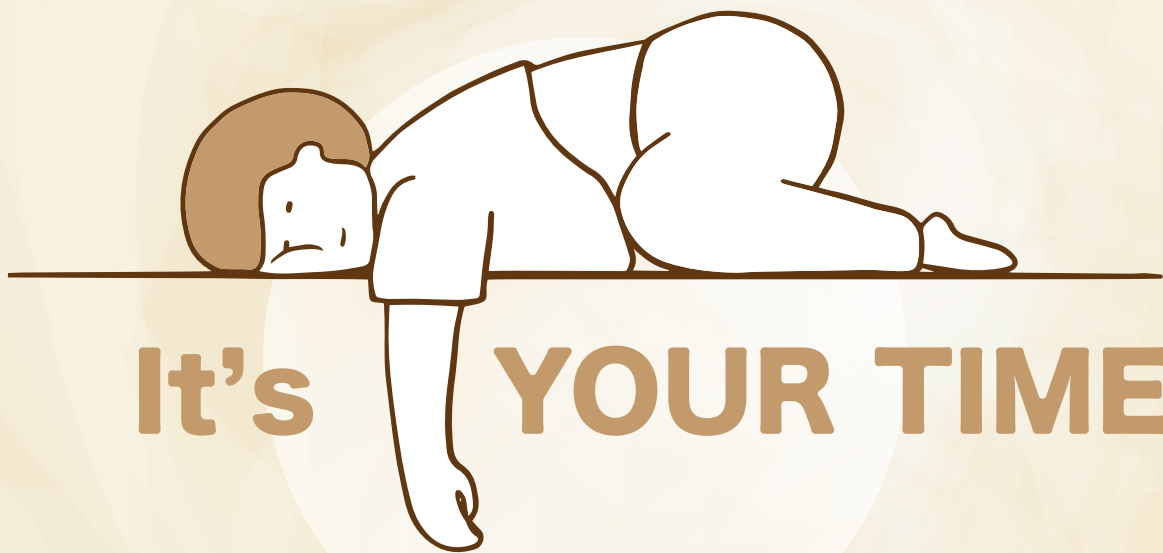
Chillout!!

Take a deep breath, calm down.
Wash your hands and face,
take a sip of cool water,
Let the briskness runs through you.
BE ENERGETIC!;)

Scan/ click me!



Link to the video!



Enjoy the Time
and
Connect your Inner Self

Personal | Relaxing | Peaceful



APPETIZER

Write down the things that make you feel bad in the waste paper.

Tear it!

Ingredients: a pen, waste paper, your hands



SOUP

Shout out towards a water bottle mouth.

Screw tight!

Throw the water bottle to your bed strongly.

Ingredients: a water bottle, your mouth & hands, a bed

MAIN COURSE

Find a quiet corner.

Listen to soft music and stare blankly.

Concentrate on your skin and feel the flowing air and wind.

Watch a relaxing video.



music & video

Ingredients: a headphone, a cellphone/ a laptop, your senses, your ears & eyes



DESSERT

Breathe deeply.

(inhale for 4 seconds ; exhale for 6 seconds)

Have a nap for 20 minutes.

Ingredients: your nose, an alarm clock

