

Things To Do During Lockdown

NOTE: ANY OF THESE OR ACTIVITIES MUST ONLY BE UNDERTAKEN WITHIN CURRENTLY PERMITTED PERSONAL CONTACT RESTRICTIONS

Would you like to
Talk to a friend on the phone
Write a letter to a friend
Join a virtual club
Join a virtual choir
Join an virtual amateur theatre group
Call a friend you haven't spoken to in a long time
Call a family member you haven't spoken to in a long time
Chat online
Play a virtual board game with a friend or chat group
Write a letter to a family member
Go jogging
Lift weights
Exercise
Relax!
Learn a new language
Learn the rules of Football
Learn the rules of Cricket
Learn a new card game
Watch birds and learn their names or other animals
Daydreaming
Learn to play chess
Practise self-hypnosis
Burn candles / incense (CAREFULLY!)
Watch local wildlife and learn their names
Take care of an indoor plant
Stretch your muscles
Take online classes to learn Yoga
Take online classes to learn Tai Chi
Take online classes to learn Pilates
Have a shower
Have a bath
Look at old photos
Have a nap
Look at the night sky and learn the names of the stars and planets
Take online classes to learn to dance
Lie outside, watch clouds and learn the names of the different types
Watch for anyone passing by and observe as many details as you can about them
Massage your neck and shoulders
Watch TV
Read a book
Play with a yo-yo
Read poetry
Learn a magic trick
Watch a movie
Play solitaire
Learn to play draughts then find an online partner to play with
Play computer games
Watch a funny movie
Visit favourite websites
Read comics or joke books
Visit funny websites
Read a magazine
Listen to the radio
Write your biography
Research your family tree
Bungee jumping. (Sorry – maybe not this one!)
Dance to loud music
Listen to happy music
Make a really good paper aeroplane
Bath your pet (If you have one)
Play with your pet (If you have one)
Learn how to give yourself a haircut

