

THINGS TO DO AT HOME WHILE FOLLOWING GOVERNMENT AND HEALTH RULES AND STAYING SAFE!



DO SOME COOKING OR BAKING



LISTEN TO MUSIC AND DANCE LIKE NO ONE'S WATCHING!



HAVE A "DAY SPA" AT HOME (DO YOUR HAIR, NAILS, FACE)



TRY SOME MINDFULNESS APPS (E.G. SMILING MIND) TO REDUCE FEELINGS OF STRESS



HAVE A "STAYCATION" AND CAMP WITH YOUR FAMILY IN YOUR BACKYARD



WRITE A "REAL" LETTER OR SEND A POSTCARD TO FRIENDS



ENJOY A CUP OF TEA



DRESS UP IN YOUR BEST AND HAVE A FANCY DINNER AT HOME



SPEND SOME TIME "OFFLINE" GO OUTSIDE AND ENJOY THE NATURAL WORLD IN YOUR BACKYARD



DO SOME EXERCISE, YOGA OR MEDITATION



HAVE AN INDOOR PICNIC



PLAY WITH YOUR PET



START A PRACTICE OF GRATITUDE— THINK OF 3 THINGS YOU ARE GRATEFUL FOR EACH DAY AND WRITE THEM DOWN



LEARN A NEW SKILL OR HOBBY



GET CREATIVE WITH WRITING — START A JOURNAL, WRITE A SONG OR POETRY.

READ A BOOK OR MAGAZINE



GET CRAFTY: PAINTING, ORIGAMI, KNITTING, COLOURING,



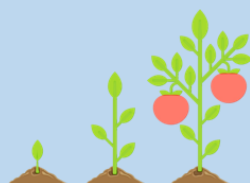
REDESIGN YOUR BEDROOM IN A COMPLETELY DIFFERENT WAY OR DECLUTTER YOUR SPACE



ORGANISE YOUR PHOTOS



MAKE AND SEND A CARE PACKAGE TO A LOVED ONE TO LET THEM KNOW YOU ARE THINKING OF THEM



GROW SOME FLOWERS OR VEGETABLES FROM SEEDS.



CALL A FRIEND OR FAMILY MEMBER