

Share your Fun Ideas for self isolating...

- Read books and magazines – pick up that book you’ve been meaning to read or download the Kindle app onto your device and check out the huge selection of books on Amazon. There are also magazine apps where you can read digital versions of your favorite magazines.
- Write a short story or start writing a novel – they say everyone has a book inside of them!
- Write a poem or song – channel your inner poet or songwriter
- Create an uplifting playlist on Spotify or Youtube – Share your playlist with us
- Meditate – there are videos on YouTube as well as guided meditation apps.
- Learn a new skill – check out Skillshare for TONS of online courses. Or for free stuff, YouTube is a great place to look for tutorials
- Create a mood board or vision board – grab some old magazines, a piece of cardboard (the side of a box will do!), some glue, and a pair of scissors and find inspirational images and quotes and stick them in place.
- Paint or draw something – there are lots of step-by-step guides online teaching you how to draw
- Start a Journal – whether it is a bullet journal, an art journal, or just an old fashioned diary to jot down your thoughts.
- Plant vegetable seeds and start a food garden. Use a yoghurt pot on the windowsill
- Do a crossword puzzle or create one to share
- Play a board game – check the attic for old board games you’ve not played for years. Dust them off and play some games!
- Declutter areas of your house
- Bake a Cake
- Make a Cocktail – or a mocktail, a Quaker Quarantini
- Sit in your garden/yard and breathe the fresh air
- Empty your inbox – now is the time to do it and reach inbox zero!
- Organise Your Photos – whether that is digital ones or processed ones, it’s a task you probably have put off because “not enough time”
- Give yourself a manicure or pedicure
- Organise your wardrobe – you may not be able to donate now, but it’ll be ready for when you can
- Do a jigsaw puzzle – either a real one or download an app and solve a digital jigsaw
- Knit something!