



ACTIVITY IDEAS



Managing the COVID-19 uncertainty can feel overwhelming and stressful. When we feel stressed, we often withdraw from others and do less, or we keep ourselves so busy that we neglect our physical and emotional well-being. Establishing a daily routine while we are in lockdown, and scheduling activities ahead of time can be a helpful way to manage your stress and anxiety during this difficult time. In order to maintain our well-being, we need to find a balance of activities in the areas of: connecting with others, looking after your body, achievement and enjoyment. We have created this list of activity ideas and a timetable to help you look after yourself during this difficult time

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ACTIVITIES THAT GIVE YOU A SENSE OF ENJOYMENT

- Get creative! Paint, draw, colour in, do a doodle a day, knit, calligraphy, origami
- Redecorate your room
- Write a short story or poem
- Learn or practice a musical instrument
- Blow bubbles
- Sit outside and listen to the birds sing
- Learn a magic trick
- Do a jigsaw
- Read a good novel or an interesting non-fiction book
- Read your favourite magazine
- Read the newspaper
- Look through your favourite photographs
- Surf the web, watch Netflix or funny videos on YouTube
- Sing
- Listen to music you like or find some new music to listen to
- List things you have enjoyed in the past
- Do some baking
- Plan a new indoor hobby - research what you need to get started!
- Read a funny book - laugh
- Read a magazine or the newspaper
- Do a movie marathon (e.g. Lord of the Rings)



Other resources:

See the 'Free online resources' section on the last page of this document for some links to awesome virtual tours!

LOOKING AFTER YOUR BODY

- Go for a walk around your yard
- Do some indoor yoga/pilates/weights
- Run up and down the stairs for a while
- Do 10 minutes of gentle stretching exercises
- Dig the garden, mow the lawn
- Healthy and balanced eating
- Having a regular bedtime routine
- Having some 'me time'
- Practice mindful eating (for ideas, search for 'mindful eating plate from: www.eatingmindfully.com)

FITNESS RESOURCES

- <https://watch.lesmillsondemand.com/at-home-workouts> - Free home workouts by Les Mills.
- <https://www.realhealthnz.co.nz/programmes/> - Covid19 Wellness Toolbox by Real Health NZ. This contains free workouts and recipes.
- www.youtube.com (type in the type of exercise you want to do and get started!)
- Strava app (available on the Apple store and Google Play) - start running or riding your bike regularly, and keep track of your progress with this app. Connect and share your activities with your friends
- FitOn app (available on the Apple store and Google Play) - free range of workouts tailored to your preferred duration, intensity and exercises. There's even the option of working out at the same time with a friend



THINGS TO DO AROUND THE HOUSE

- Garden
- Repair things
- Rearrange the furniture
- Do mindfulness
- Exercise (e.g. yoga online videos)
- Have a big 'spring clean'
- Do some sewing
- Wash the windows/curtains
- Listen to music
- Dance to some music
- Watch television/favourite video
- Play with/groom your pet
- Sit/lie in the sun
- Do some baking/cooking/sweet making
- Relax, do nothing
- Pick and arrange some flowers
- Tend to your pot plants

ACTIVITIES THAT GIVE YOU A SENSE OF MASTERY

- Pick an activity from the list of active things or things you can do around the house
- Do a crossword, puzzle or Sudoku
- Plan your day. Set small, specific and realistic goals
- Finish a project or task
- Wear clothes that make you feel good
- Thinking "I did pretty well" after doing something
- Organise your wardrobe or kitchen cupboards
- Organise photos on your phone or start a photo album
- Learn a new skill or enrol in an online course that interests you! E.g:
 - www.skillshare.com (1 month free trial) is a great site with short videos for the creative cats out there. You'll find videos on drawing, photography, animation, graphic design, productivity and the list keeps going
 - www.lynda.com offers a wide variety of skills such as web design, Microsoft Office, writing and even a range of programming languages (courses are free with a local library card)
 - www.edx.org, www.coursera.org and www.alison.com are sites that give you free access to classes from top universities and/or experts in the field for free. Topics range from languages to business management, psychology to science - there's something from everyone
 - www.massey.ac.nz/massey/international/where-can-istudy/study-online/toromai/toromai_home.cfm Massey University is currently offering free Te Reo online classes.-
 - www.masterclass.com is a paid site that gives you access to the minds of experts like Gordon Ramsay, James Patterson and Malcolm Gladwell
 - Download the Libby app (Available on Apple store and Google Play) for free access to audio books and e-books with a local library card



STAYING CONNECTED WHILE SOCIAL DISTANCING

- Phone, email or text someone
 - Write a letter to a friend
 - Reconnect with an old friend
 - Join a Facebook interest group
 - Prepare a special meal
 - Make a gift for someone
- Other resources:
1. **Skype, Google Hangouts, Zoom and WhatsApp.** These are downloadable apps on your phone (visit Google Playstore for Android or Apple store for iPhones) or laptop to stay connected
 2. **Social distancing games. Many options for Xbox, PlayStation, PC.** Free multiplayer games on your computer:
 - <https://www.miniclip.com/games/genre-2/multiplayer/en/>
 - www.store.steampowered.com is currently offering Drawful 2 for free

STREAMING SERVICES TO TRY UNDER A FREE TRIAL (ONE MONTH UNLESS OTHERWISE STATED)

- Netflix
- Amazon Prime
- Disney + (7 days)
- Hulu
- HBO now (7 days)
- Neon (14 days)
- Lightbox
- Spotify
- Tidal
- Apple music (3 months)
- TVNZ OnDemand (always free!)



THINGS TO PAMPER YOURSELF

- Have (or give yourself) a facial
- Have a massage
- Try on different perfumes
- Paint your nails
- Have a bubble bath/long soak in the bath
- Enjoy a hot shower
- Try out new hair styles
- Hug your favourite person
- Eat your favourite food
- Plan some quiet time
- Have your favourite hot drink
- Pick flowers from your garden to decorate your home
- Cook yourself a yummy meal
- Watch your favourite show
- Read your favourite book
- Other ideas:

FREE ONLINE RESOURCES FOR YOUR ENTERTAINMENT

- **Amazon Global Audiobooks** (audible stories available for adults and children, listen for free) stories.audible.com/discovery
- **Online visit to 17 museums in Europe** <https://www.demotivateur.fr/article/visiter-des-musees-sans-bouger-de-son-canape-le-plan-parfait-pendant-la-quarantaine-19057>
- **Cambridge books** (700 books free to read until the end of May) <https://www.cambridge.org/core/what-we-publish/textbooks#>
- **Online Broadway Musical** (free 7 day trial) <https://www.broadwayhd.com/>
- **Virtual tour of national parks** <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
- **Virtual tours of zoos and themeparks** <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

SHOWING KINDNESS TO OTHERS

- Practice gratitude and count your blessings
- Thank someone for something you are grateful for
- Smile at others
- Write someone a message wishing them a wonderful day
- Write online messages or letters to your friends and family
- Give someone a compliment



WAYS OF CALMING YOUR MIND

- Pick an activity under the 'things to pamper yourself' section
- Slow your breathing down with this simple breathing exercise (1-2-3-4 breathe in, 1-2-3-4 breathe out)

Apps:

- Stop, breathe and think (Has a free 'calm Corona virus section')
- Calm
- Headspace
- Virtual Hope Box

Websites:

- www.justathought.co.nz
Online course where you can upskill on evidence-based thinking and behavioural strategies to manage anxiety and sadness

Weekly Activity Plan

	Ways to connect with others	Ways to look after my body	Ways to feel achievement	Ways to gain enjoyment
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				