

## get creative

- Do some **art**: could you draw your favourite photograph or scene?
- Watch an art tutorial on YouTube
- Create a **vision board**: what would you like to achieve over the next year, or in the future? What is going to help you cope with life right now?
- Could you do some **creative writing**? Or write about your experiences, with illustrations?
- How about **writing a letter** to a relative? Or a friend?



- Read some books, novels or non-fiction

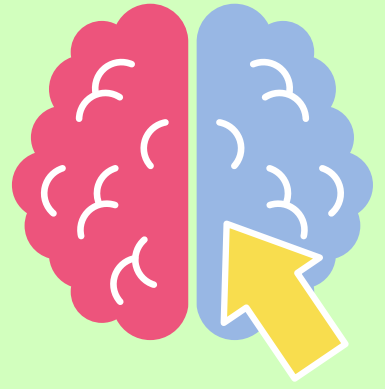


## connect

- Have **phone** or **video calls** with friends and family
- Watch the same movies, documentaries or TV programmes as friends, and discuss them after
- Write a **book review** for your friends
- **Write a quiz** for your friends to run by video call. Take it in turns to host

## learn something new

- Learn a **new language**, try 15-minutes a day on the free DuoLingo app
- Try a **free online course** run by the Open University - there are over 1000 to choose from!



[www.open.edu/openlearn/free-courses](http://www.open.edu/openlearn/free-courses)

- Learn a new **skill** from YouTube, e.g. juggling

- **Bake** something new, or **cook** a meal for your family.



Find recipes here:

[www.bbc.co.uk/food/recipes](http://www.bbc.co.uk/food/recipes)

- Discover some **new bands** or types of music
- Learn to play a musical instrument using YouTube tutorials



- Join a **virtual choir**, eg <https://www.stayathomechoir.com>

- Listen to a new podcast

## move

- Do some **exercise**: try searching for a yoga class or HIIT workout on YouTube
- Why don't you try the daily home workout at 9am with Joe Wicks? <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- If you are able to leave the house, go outside once a day for a walk, cycle or jog



## apps



*Remember to balance screen activity with time off screens*