**Health and wellbeing**

* Maintain your daily routine:
* wake up at your normal time
* get dressed for the day
* keep regular meal times
* go to bed at your usual bedtime
* Do an online gym workout:
* No Running Cardio <https://www.healthier.qld.gov.au/fitness/workouts/no-running-cardio/>
* <https://darebee.com/>
* PlanetFitness FaceBook page
* 7 Minute workout app
* Nike Training Club app
* Get creative with your workouts:
* grab some cans of food or fill some water bottles for bicep curls
* add weight to your squats with bags of flour
* Join the 100 Club- choose an exercise and do this 4 times per day (25 reps each time)- squats, lunges, push ups, sit ups, tricep dips
* Track physical activity and food/water intake via MyFitness Pal
* Practice breathing exercises
* Calm Breathe Bubble on youtube
* Relax and Breathe: Do nothing for 10 minutes on youtube
* Staying positive and fun daily challenges on SuperBetter app
* Practice mindfulness: can use apps eg headspace, 1GiantMind, smilingmind
* Meditate
* Yoga online workouts eg <https://www.youtube.com/user/yogawithadriene>
* Pamper yourself and put on a face mask
* Give yourself a manicure and hand massage
* Soak in a bubble bath or have a relaxing shower
* Put on essential oil diffusers eg lavender smell
* Listen to your favourite music

**Get creative**

* Make a photobook online eg [www.snapfish.com.au](http://www.snapfish.com.au), [www.vistaprint.com.au](http://www.vistaprint.com.au)
* Colour in (<https://www.bigw.com.au/books/non-fiction-books/adult-colouring-books/c/780301/>)
* Take up craft: sewing, knitting, quilting, drawing, painting, jewellery making, origami, calligraphy, poetry – check out pinterest or yoube for some ideas
* Try some scrapbooking or collaging eg use magazines or newspapers or photos
* Pick some flowers from the backyard and try some flower arranging
* Start a gratitude or dream journal
* Create a list of things to be happy about and try to add one thing to it every day
* Make a paper plane
* Do a photography project
* Draw an apple using a different style everyday for a week
* Paint landscapes of where I want to go in the future
* Write a poem or story
* Make some joke cards
* Try a relaxing app eg Colour by numbers
* Daily Art app for your daily dose of art history
* Make a cook book with all your favourite recipes



**Staying socially connected**

* Call friends, family members, coworkers, neighbours
* Zoom/Skype/Facetime/Houseparty app with friends and family
* Set dates to watch the same tv show with friends and message each other your thoughts throughout- think virtual Gogglebox
* Start a movie or book club and schedule weekly virtual meetings
* Write letters/emails/ make a card to stay connected and let people know you are thinking of them
* Host a karaoke night with friends through Zoom/Skype
* If you are in a position to, drop off some ‘Neighborhood Check-in cards’ to neighbours who may need support phone calls or grocery items picked up



**Music**

* Explore The Berlin Philharmonic Digital concert hall online <https://www.digitalconcerthall.com>
* Listen to some happy songs eg <https://www.usatoday.com/story/entertainment/music/2020/03/20/coronavirus-100-songs-listen-while-youre-stuck-at-home/2882725001/>
* Journey through some French music
* <https://open.spotify.com/track/6WBcCwfTB0pmtXKcTq5g1X>
* <https://open.spotify.com/track/6M4nkEPZMj58acftDRTuKL>
* <https://open.spotify.com/track/1MOmmxRf8i3a6yt6huEiMm>

**Keeping your mind active**

* Learn a language via free apps eg Duolingo
* Read a book, electronic book or listen to an audio book eg <https://librivox.org/>
* Read a magazine eg Breathe
* Read some daily inspiration eg The stoic app
* Try some free online learning [www.futurelearn.com](http://www.futurelearn.com)
* Listen to a podcast via Apple podcasts app, Google podcasts app, Spotify, TEDRadio Hour, Stuff you should know, Goodlife Project
* Watch Ted talks eg ‘All it takes is 10 mindful minutes’, ‘The power of mindfulness’
* Follow the Recovery College Facebook page for updates on online courses
* Learn an instrument
* Brain games eg luminosity
* Puzzle
* Sudoku
* Crosswords
* Board games
* Play a card game eg Uno, solitaire
* Download the SkyView app to view distant constellations, nearby planetary objects and more



**Culture**

* Electronically-visit a museum:
* British Museum <https://britishmuseum.withgoogle.com/>
* New Mexico Museum of Art Searchable Art Museum <http://sam.nmartmuseum.org/collections>
* Guggenheim Museum via Google Arts and Culture

[https://www.guggenheim.org/plan-your-visit/guggenheim-from-home](https://www.guggenheim.org/plan-your-visit/guggenheim-from-home?gclid=EAIaIQobChMIxpK7oOe06AIV1wRyCh1rmAMnEAAYASAAEgK1aPD_BwE)

* The Louvre <https://www.louvre.fr/en/visites-en-ligne>
* Watch Live Zoo Cams:
* Zoos Victoria <https://www.zoo.org.au/animal-house/>
* San Diego Zoo <https://zoo.sandiegozoo.org/live-cams>
* Monterey Bay Aquarium <https://www.montereybayaquarium.org/animals/live-cams>
* Atlanta Zoo Panda Cam <https://zooatlanta.org/panda-cam/>
* Explore your genealogy and family tree
* Catch up on some classic movies you’ve never seen
* Research something you have always wondered about
* Watch opera live streams on [www.metopera.org](http://www.metopera.org)



**Housekeeping**

* Clear out your wardrobe
* De-clutter your home (look at 10 Amazing Tips from Tidying Up with Marie Kondo on youtube for some inspiration):
* tidy your kitchen
* tidy your bathroom
* tidy your garage
* Organize your beauty cabinet
* Clean your make-up brushes
* Cooking challenge: make something with the ingredients in your cupboard
* Go through your phone camera roll to cull your photos
* Edit photos on your computer
* Delete all the apps you don’t use and discover some new ones
* Give some of your odd jobs at home ago that you often put off: re-arrange your lounge room furniture, put some items in storage
* Get out in your garden and do some weeding
* Go electronic- scan documents, get rid of unnecessary paper and create a computer filing system



