

Self-Isolation Activities List

- Clear out your wardrobe or cupboards
- Give yourself a manicure/pedicure
- Read/write a book
- Do a crossword/Sudoku/word search/colouring in
- Binge watch a must-see boxset/film series or old feel good movie
- Make a photo album of phone photos- websites/apps like Snapfish and Freeprint will send you up to 50 photos for free (you just pay for postage)
- Gardening- mow the lawn, plant some flowers
- Start a blog
- Baking
- Learn a new recipe
- Learn how to knit/crochet
- Have a dance
- Exercise- home workouts, YouTube videos (Bodycoach TV), yoga
- Make a travel bucket list
- Learn a language- websites/apps like Duolingo and Babbel offer some languages for free
- Do some DIY- redecorate a room, fix something
- Call a friend or family member- video calls (Skype, Whatsapp, Facetime)
- Play a game- card games, board games, computer games or design your own!
- Learn to play an instrument
- Bird watch, create a bird feeder (www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder)
- Make jams or preserve
- Have a home picnic
- Learn to give yourself/someone else a massage
- Have a digital detox- clear you email inbox, delete old files, update your passwords
- Sort through paperwork
- Research a topic of interest
- Do a jigsaw puzzle
- Sort through photos on your phone
- Learn a magic trick
- Listen to a podcast, radio show or audiobook- websites/apps like www.digitalbook.io and <https://librivox.org> have free public domain audio books
- Arts and crafts (www.favecrafts.com/Gifts/22-Easy-Craft-Projects-For-Adults)
- Enter a competition
- Creating a home spa- bubble bath, face masks, foot spa (www.realbuzz.com/articles-interests/health/article/10-at-home-spa-treatments)

- Listen to music
- Sign up to a free online class/course- try places like www.reed.co.uk/courses/free and <https://www.futurelearn.com/courses>
- Create a time capsule
- Design a magazine or newspaper
- Online shopping
- Spending time with pets- teach them a new trick?
- Try a science experiment (www.iflscience.com/chemistry/unfinished-20-fun-science-experiments-you-can-do-home/)
- Look through old photographs/home movies
- Write a letter to a family member/friend that you can send once your well
- Take a virtual tour of a museum (www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)
- Find things to donate to charity (once it's safe to visit)
- Create your own cinema- make tickets, popcorn, lay down a rug
- Catch up with life admin- check insurance quotes, change your energy provider