



A MENU OF ACTIVITIES TO STRUCTURE ROUTINE AND TIME

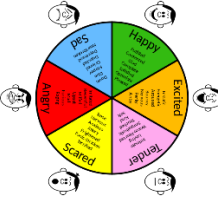
ACTIVITY MENUE TO KEEP ACTIVE AND OCCUPIED

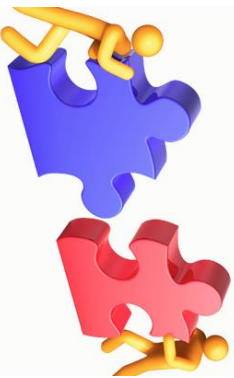
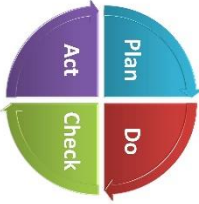
LOOK AFTER YOUR WELLBEING BY FINDING PURPOSEFUL BALANCE. MOST PEOPLE WILL FIND THE ADDITIONAL TIME THAT THEY NOW HAVE DIFFICULT TO MANAGE BECAUSE LIFE IS ORDINARILY ORGANISED AND WE ARE USUALLY SO BUSY. IN THE CURRENT SITUATION WE NOW HAVE MORE UNSTRUCTURED TIME THAN WE MAY BE USED TO. THIS ACTIVITY MENU MAY HELP YOU STRUCTURE YOUR TIME. FOR SCHOOLS, TRYING TO FIND ACTIVITIES THAT MEANINGFULLY FILL TIME IN THE ABSENCE OF LESSONS MAY FEEL CHALLENGING, BUT THIS ACTIVITY MENU MAY HELP YOU TOO. TRY AND CHOOSE AS A FAMILY, AS A CLASS, OR INDIVIDUALLY, FIVE ACTIVITIES EACH DAY. BEGIN WITH YOUR USUAL DAY TIME ROUTINE, HAVE BREAKFAST, THEN PICK ONE OR TWO ACTIVITIES TO COMPLETE FOR BEFORE LUNCH. IN THE AFTERNOON, TRY AND PICK ANOTHER ONE OR TWO ACTIVITIES AND WHEN YOU GET HOME, TRY AND PICK ONE MORE ACTIVITY. IF YOU ARE ENJOYING WHAT YOU ARE DOING IN ONE ACTIVITY, CARRY ON AND SIMPLY MOVE TO THE NEXT ACTIVITY WHEN YOU ARE READY. THE POINT IS, THIS MENU IS JUST THAT, ACTIVITIES TO CHOOSE FROM. IT DOESN'T MATTER IF YOU DON'T ACHIEVE FIVE ACTIVITIES AND IT'S OK TO COMPLETE MORE. THIS MENU IS MEANT TO BE AN AID TO HELP YOU THINK ABOUT HOW YOU COULD STRUCTURE YOUR TIME. THERE IS NO RIGHT OR WRONG. ADD YOUR OWN IDEAS AND HAVE FUN!

Dr Dawn Bradley

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ANIMALS	CREATE	MIND	SCHEDULE	ACTIVITY
Pet an animal Groom a pet Walk a dog (remember social distancing) Clean out your pets living environment Listen to the birds Feed the birds Watch the wildlife Go bug hunting Find out about an animal you love Make a bird feeder Clean out a pond (with an adult if you are a child)	Draw a picture Draw or Paint a picture/ portrait Take photographs Doodle/ sketch/ draw patterns Organise your photographs Make a photograph album Start a scrapbook Finish a project Do some sewing Do some knitting Make a Lego model Make a model Make a memory box	Daydream Reflect Try Mindfulness Try Meditating Do some deep breathing Do some Yoga Do a guided visualisation Say a prayer Do some mindfulness colouring Make a Mandela	Make a daily schedule Choose your activities for the day Schedule getting up early one morning Schedule getting up late Plan to achieve at least three things each day Schedule a day off	If you go out, make sure you keep your social distance – 2 metres apart Go for a run Run around the garden Do an online work out Bounce on a trampoline Get out the Wii console if you have one Go for a walk Skip with a skipping rope Dance like no-one is watching

		Self-care is not about self-indulgence, it's about self-preservation. - Audreya Lorde www.facebook.com/ivmhealthstudies		
EMOTIONS	MUSIC	SELF-CARE	CLEAN	KINDNESS
Express your emotions Laugh Sing Shout Cry Talk about how you feel Write about how you feel Draw your feelings	Listen to music you like Find some new music to listen to Turn on the radio Listen to an album from start to finish Sing a song Play an instrument Listen to a podcast Make some music	Take a long bath Take a shower Wash your hair Give yourself a facial Give yourself a manicure Give yourself a pedicure Take a nap Get a good night's sleep Look for opportunities to laugh Sit in the sun (wear sunscreen)	Pick a room and clean it Clean your bedroom Clean the yard Wash the windows Clean your shoes Clean your car/ bike/ scooter Do some laundry Organise your workspace Organise your learning space Sort through your things and organise your personal space Label some boxes and put your special things in them Sort out your make-up Wash your make-up brushes	Try a random act of kindness Do someone a favour Help a friend Help a neighbour Teach someone a skill Make a list of your good points Make a list of the things you are grateful for Make a gratitude diary

				
NATURE	TRY SOMETHING NEW	CONNECT WITH PEOPLE	LEARN	PLAN
Do some gardening Plant something and watch it grow Mow the lawn Plant some window boxes Sit outside	Try a new food Listen to some new music Watch something new Read a new book Listen to a new book Try a new dance Play a board game with your friends on Facetime or another virtual platform	Contact a friend Contact family Arrange a group chat Connect with a virtual platform and do something together like make a cake Write a letter Make a card and send it Reconnect with old friends	Learn something new Learn a new skill Complete some of your school learning Watch a video tutorial to learn how to do something	Create a budget Set a weekly goal Make a to do list Make a shopping list Make a birthday list Make a wish list

				
WATCH	COOK	MEND	READ	WRITE
Watch a film Watch a music concert online Watch a musical Watch something you wouldn't normally watch	Cook a meal Bake some cakes Bake some cookies Find a new recipe Cook with your family Choose a daily menu Set your mealtimes	Repair something that is broken Repair your bike/ scooter Blow up deflated tyres Fix a puncture Learn how to fix something Change the lightbulbs Decorate a room Sew buttons back on clothes	Read anything A book A Kindle A magazine A comic The newspaper Your favourite website	Write a letter Write a thank you letter Write a diary Write your CV Start writing a book Write a poem Write a blog Write a poem Write a song

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