



What can I do whilst at home?

- Practice mindfulness (download mindfulness apps)
- School work
- Read books you never have time to read
- Exercise (see some of our home workouts on the website)
- Research a charity to support
- Take up baking
- Listen to music
- Create a scrapbook
- Start a gratitude journal
- Catch up on movies/ tv series
- Learn a new language
- Mindfulness colouring books
- Write a poem or story
- Try an art project
- Create homemade gifts
- Keep in touch with family and friends via phone / internet
- Build something amazing with lego.
- Create a list of things to be happy about, add to it each day
- Create music playlists
- Play board games
- Get out in your garden
- Find and listen to great podcasts

