

50 THINGS TO DO FOR YOUR WELLBEING DURING LOCKDOWN

MID-TERM

1. PAINT
2. PLANT BULBS THAT WILL BE READY FOR SPRING
3. TRY NEW RECIPES
4. MEDITATION
5. READ
6. SCREEN FREE HOUR
7. WRITE LETTERS TO GRANDPARENTS/ELDERLY NEIGHBOURS
8. LEARN TO BAKE/COOK
9. LEARN A NEW CRAFT
10. YOGA
11. START A REFLECTION JOURNAL
12. LEARN AN INSTRUMENT
13. MAKE SOURDOUGH BREAD
14. GET YOUR PICTURES PRINTED (CAN BE ORDERED ONLINE)
15. GO FOR A SOCIALLY DISTANT HIKE
16. WATCH THE SUNRISE/SUNSET
17. TRY A NEW WORKOUT
18. GET IN TOUCH WITH AN OLD FRIEND/COUSIN
19. HAVE A SPA DAY AT HOME. TREAT YOURSELF.

20. CREATE A PIECE OF ART
21. ACCOMPLISH A FITNESS GOAL
22. COMPLETE A RANDOM ACT OF KINDNESS
23. HAVE A MOVIE NIGHT
24. CREATE A PLAYLIST OF ALL YOUR FEEL-GOOD SONGS
25. DRINK MORE WATER
26. TAKE STRETCHING BREAKS
27. WEAR SOMETHING THAT INVOKES NICE MEMORIES
28. HAVE A THEMED DINNER NIGHT
29. DAY DREAM
30. WRITE A LETTER TO YOUR FUTURE SELF ABOUT YOUR LIFE NOW
31. PLAY SOME BOARD GAMES
32. WATCH A MOTIVATIONAL TED TALK
33. CHANGE YOUR WALLPAPER ON YOUR PHONE TO SOMETHING THAT
MAKES YOU SMILE
34. WATCH A CONCERT ON TV AND SING ALONG
35. PLAY 'COME DINE WITH ME' AT HOME
36. GET MORE SLEEP
37. LEARN HOW TO SAY 'HELLO', 'GOODBYE' AND 'THANK YOU' IN 5
DIFFERENT LANGUAGES
38. HAND MAKE A BIRTHDAY CARD
39. TURN OFF THE TV

- 40. LISTEN TO A PODCAST
- 41. MAKE SOMEONE ELSE'S DAY
- 42. HAVE A PICNIC
- 43. DO THE THING YOU NEVER HAVE TIME TO DO
- 44. HAVE A 5 MINUTE DANCE PARTY
- 45. MINDFULNESS COLOURING
- 46. UNFOLLOW ANYONE ON SOCIAL MEDIA WHO DOESN'T MAKE YOU FEEL
INSPIRED OR EMPOWERED
- 47. DO A JIGSAW PUZZLE
- 48. MAKE YOURSELF YOUR PRIORITY
- 49. PLAY CARDS
- 50. BE THE BEST VERSION OF YOU !