

THINGS TO DO AT HOME

YOUTH

Online Activities

- Visit a museum or art gallery online and take a [virtual field trip](#)
- Use [Google Earth](#) to visit national parks or explore your dream destinations
- Let [MapCrunch](#) plonk you down in a random place around the globe and try to find your way to the nearest airport
- Learn or play online chess
- Try [Birddata](#), where you can identify and share bird observations in your area to help protect Australian birds
- Borrow eBooks, eAudiobooks, eMagazines and movies from [Cockburn Libraries](#)



Learn and Grow

- Learn to read, write and speak a new language with [Duolingo](#)
- Take a course on literally anything online at the [Khan Academy](#)
- Build your digital citizenship skills and learn about online safety
- Learn to play the spoons with [Abby the Spoon Lady](#)
- Discover something new by watching an educational [TED Talk](#)
- Listen to a podcast (there are so many good ones!)



Connect

It's important to be physically distance, but you shouldn't be socially isolated

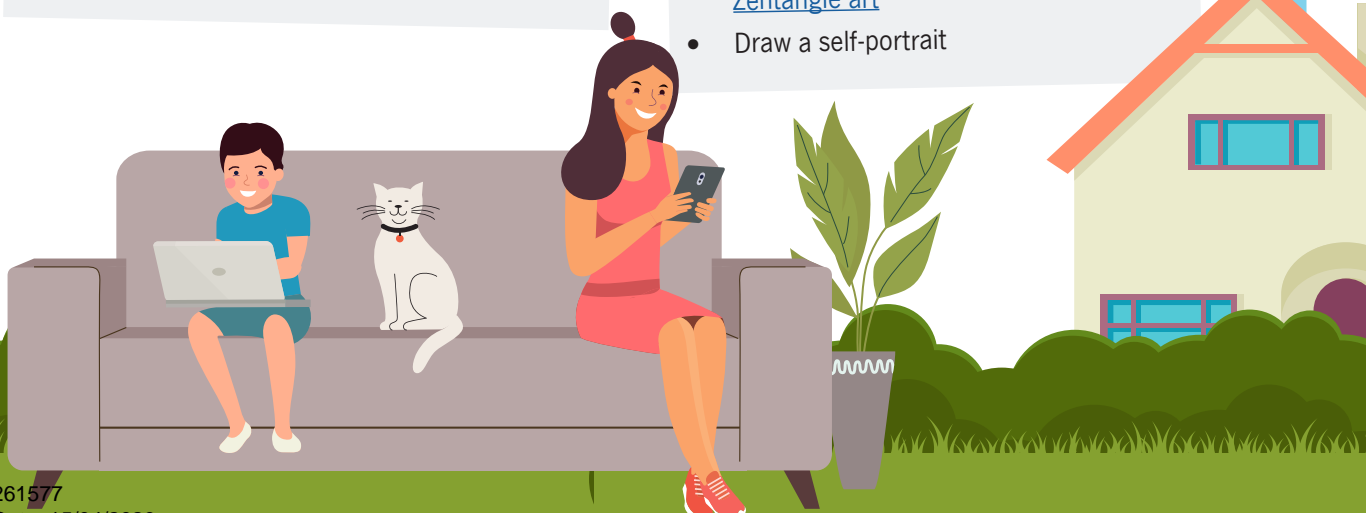
- Do a puzzle with friends/family
- Create a Facebook/WhatsApp support page
- Chat to your neighbours over a fence, across balconies or from the end of the driveway
- Participate in the Anzac Day driveway tribute



Create something

Now is a great time to try new things, keep your brain active and be creative

- Write and record your own music
- Write a book!
- Write poetry for National Poetry Writing Month. Check out our writing prompts on [Facebook](#) and [Instagram](#)
- Graffiti the backyard with chalk
- Try a new recipe
- Teach yourself a new skill like origami, knitting, macramé, [henna](#), mandala drawing, [perspective drawing](#), or [Zentangle art](#)
- Draw a self-portrait



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Mental wellbeing / self-care

- Stick to your usual routine as much as possible
- Take a break from the news. Only go to trusted sources
- Limit social media use. Love your timeline and unfollow those that only bring negativity
- Share good news
- Exercise
- Learn Yoga or Tai Chi
- Take a long bath
- Meditate
- Practice mindfulness
- Take a nap
- Call a friend
- Keep a gratitude journal
- Call a helpline if you are struggling – ie: Lifeline, MensLine, Beyond Blue, ReachOut
- Remember that this is not forever



Stay Active

Just because you are at home doesn't mean you can't be active.

- Try skateboard tricks in the backyard or the driveway
- Ride your bike or go for a walk (staying physically distant, duh)
- Do a daily challenge for a month (e.g. 20 push-ups every day)
- Garden or do housework
- Learn how to juggle

Other

- Have a movie marathon
- Watch Netflix with friends from afar and have a Netflix Party
- Play board games and cards with people (physically or online)
- Change your hairstyle
- Experiment with different kinds of nail art
- Research your ancestry
- Stargaze
- Have a picnic lunch outside
- Reorganise your room

