

THINGS TO DO AT HOME

ADULTS

Online Activities

Virtual Field Trips

Visit a museum or art gallery or watch a concert or play.



Google Earth

Take a virtual tour of a national park, or explore your dream destination.

Social Distancing Festival

Watch a concert/show/performance from one of the many artists around the world who have been affected by the need for social distancing.

TED Talks

Learn about something new by watching an educational TED Talk.

Digital library resources

Borrow eBooks, eAudiobooks, eMagazines, streaming movies and kids learning activities from Cockburn Libraries.

Connect with family and friends over video

Using WhatsApp, Messenger, Zoom, Skype etc.

- Daily dance parties
- Online happy hour
- Share good news and funny videos
- Take lunch breaks together
- Virtual book club
- Virtual game nights
- Put on a fashion show
- Watch Netflix together ([Netflix Party](#))

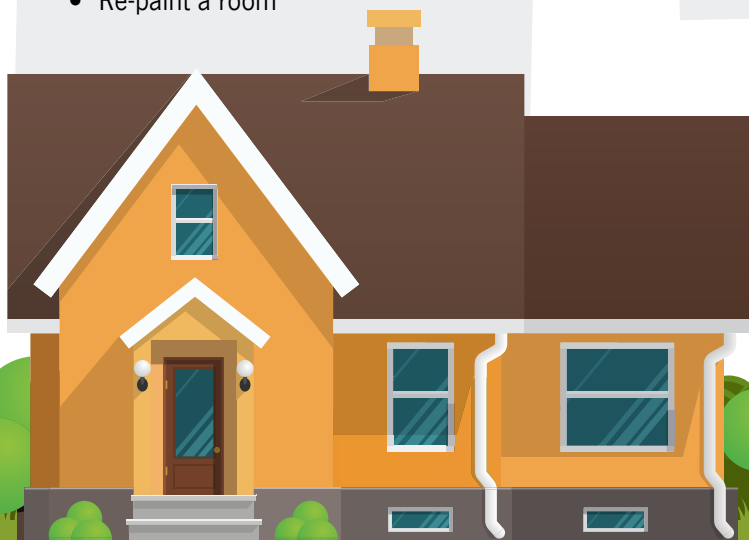


Connect with neighbours (while practising social distancing)

- Create a Facebook/WhatsApp support page for your street
- Chat to your neighbours over a fence, across balconies or from the end of the driveway
- Participate in the [Anzac Day driveway tribute](#)
- Do exercises together, on individual driveways
- Check in with elderly or vulnerable neighbours to make sure they're ok

House projects

- Spring cleaning
- Gardening
- Declutter the wardrobe
- Re-arrange a room
- Vacuum the car
- Re-paint a room



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Mental wellbeing / self-care

- Stick to your usual routine as much as possible
- Take a break from the news. When you are ready for news again, only go to trusted sources
- Go off social media for a day
- Help others, stay friendly
- Share good news
- Exercise
- Learn Yoga or Tai Chi
- Take a bath
- Listen to music (create a playlist)
- Breathing exercises
- Meditate
- Practice mindfulness
- Try essential oils
- Take a nap
- Put on a face mask
- Start a skin care routine
- 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



Arts, crafts & games

- Scrapbooking
- Painting
- Craft projects
- Teach yourself a new skill, eg: origami, knitting or macramé
- Puzzles
- Board games and cards
- Draw a self portrait

Other

- Read a book
- Movie marathon
- Colouring in (print a colouring page for adults)
- Listen to a podcast ([PodcastOne](#))
- Write a poem or song
- Change your hair style
- Paint your nails and learn nail art
- Learn new makeup skills
- Learn a new language
- Research your ancestry
- Try a new recipe
- Learn about a country
- Star gazing

