

ACTIVITIES IDEAS WITHOUT LEAVING YOUR HOUSE

- ✓ Watch your favourite TV programmes and films. Try to pick ones that are uplifting, positive and/or funny
- ✓ Set up or ask your friends, family, colleagues to set up a book or film or TV club. Everyone agrees which book/film/tv programme to read or watch and then meets up on the phone/videocall to discuss.
- ✓ Write a letter
- ✓ Phone or video call someone
- ✓ Do a wordsearch, sudoku or crossword – free resources on available on the internet.
- ✓ Have an at home pamper session
 - warm shower or bath
 - comfortable clothes
 - favourite hot or cold drink
 - relaxing music (your own, or search on youtube)/book/film
 - any other pamper activity!
- ✓ Headway SELNWK have set up a community radio station
<https://www.hsradio.co.uk/>
- ✓ Take a virtual museum tour
<https://www.britishmuseum.org/>

