



What's there to do while stuck indoors? We've compiled some suggestions to help make your time as interesting – and perhaps even as productive – as possible.

Can you complete them all?

In no particular order...

Complete a puzzle: The more pieces the better! Feeling like an extra challenge? Take on a Rubik's Cube. More of a word person? Crossword puzzle?

Start a journal or blog. Sure, it can be about the coronavirus, but it could also be about a specific interest from chess to cheese.

If it won't bother your neighbours: Dust off that old instrument and practice.

Write a letter to a friend, relative or someone you haven't seen recently. If you are able address an envelope and post it.

Write poetry. Perhaps you can write a haiku, kenning or different type of poetry for Mother's Day or other event, or something without a specific structure. Just try it!

Watch all the really long movies you've avoided until now.

Download Duolingo, or a similar app, and teach yourself a foreign language (in school many of the children are starting to learn Spanish).

Finally read that book you've been meaning to! You got this.

Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting crosslegged and repeat a soothing word to yourself in your head. You could try watching Zen Den, Go Noodle etc.

Take note from "Tangled" star Rapunzel, who has an entire song about how she's spent her days alone in a castle. Activities included in her ditty: Ventriloquy, candle-making, papier-mâché and adding a new painting to her gallery. Can you write a song about your favourite things?

Practise your handwriting. You can always improve!

Finally read the rules to those long and intense board games you've never played with the family. Encourage the family to play.

Put on your favourite programme or film. Mute the sound. Create your own dialogue.

Take the opportunity to tidy or reorganise your room and have a good clear out.

Enjoy cooking up a treat with a family member or friend.

Have a meeting with friends or family. Decide on a plan to encourage and spread a little kindness. You could share those treats you cooked.

Watch the films that won an award..

Learn a new hobby e.g. magic tricks, singing, knitting or anything of your choice.

Use Skype, FaceTime or Google Hangouts to video chat with your long-distance friends.

Try out a Cosmic yoga video or Body Coach workout. Consider downloading a fitness app with curated workout playlists.

Look at yourself in the mirror. Attempt a self portrait with pencil and paper.

Coloring books: you could try some mindfulness colouring or design your own or do it just for fun!

Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year?

Write or create a short story or get started on that novel.

Actually try to reproduce something you see on Pinterest.

Camp indoors with the family this could include blankets, popcorn and a movie.

Find out how to make a fortune teller by folding a square piece of paper you put your thumbs and pointer fingers into. Proceed to tell fortunes.

Interview someone you know (over the phone, of course) and make notes. Can you create a story or book with that information?

Go through photos with your family, pick your favorite pics and relive the memories.

Create a record of shows or movies or music you are listening to and share it among family and friends.

Make a list of things for which you are grateful and things that make you feel happy.

Write or create a book with your family. Pick a character and each member writes a chapter about their adventures. Read aloud to each other.

No March Madness? Have a Scrabble tournament. Or Bananagrams. Pictionary, anyone?

Get into baking with "The Great British Baking Show," but your technical challenge is baking something with the ingredients you have on hand.

Indoor scavenger hunt.

Make lists of all the museums, sporting events and concerts you want to visit when they finally reopen.

Organise your books alphabetically or by theme.

Learn a new style of dance.

Bring out the Lego or construction kit. If you don't have these what else could you use? Can you build your house?

Learn the words to a tongue twister. How fast can you say it? Challenge your family.

Attempt things with your non-dominant hand, from writing to brushing your teeth.

How many words per minute can you type? See if you can get speedier by taking a typing course.

Learn origami. Make something for your loved ones.

Stretch. Work on your flexibility.

Talk to your plants. How are they doing? Make sure they are getting the amount of sunlight they should be. Check their soil. Water if necessary.

Sleep. Get lots of it.

**** Please don't forget to continue to read, practise your phonics and spelling and rehearse your number bonds and times tables ****