



# ACTIVITY IDEAS DURING COVID 19

The wellbeing team have created some resources if you would like any that link to the activities above please get in touch with your worker.

## ONES THAT ARE FREE

- MUSEUMS/ EXHIBITIONS –VIRTUAL TOURS
- PARKS- ORMEAU/ BOTANIC/LADY DIXSON/VICTORIA PARK
- GAMES/ APPS FOR TWO PLAYERS
- VISIT MACS MUDDY PAWS

## ONES THAT ARE CREATIVE

- MAKE SELF SOOTHE BOX/ TIME CAPSUAL
- JOIN CRAFTERNOONS GROUP TOGETHER
- PHOTOGRAPHY SCAVANGER HUNT INDIVIDUALLY
- CREATE VISION BOARD CANVAS SEPARATELY
- MAKE SEASONAL CRAFTS- XMAS CARDS/ HALLOWEEN/ EASTER DECORATIONS
- BOOK CLUB
- ONLINE GUIDED MEDITATION SESSION
- BUY TICKETS FOR AN ONLINE SCREENING OF A PLAY/ SHOW

## ONES TO DO WITH INDEPENDENCE

- TRAVEL TRAINING- GET BUS/ TRAIN TOGETHER
- APPLY FOR BUS PASS/ LIBRARY CARD/ BENEFITS
- COOKERY SESSION OVER VIDEO CALL
- ONLINE GROCERY SHOPPING
- DO AN ONLINE COURSE
- CREATE TIMETABLE/ ROUTINE
- CLEANING- LEARN HOW TO DO SPECIFIC TASK
- MONEY MANAGEMENT- CREATE A BUDGET

## ONES TO DO WITH SPORT/ EXERCISE

- YOU TUBE FITNESS VIDEOS
- WALKS/ HIKES
- OUTDOOR YOGA