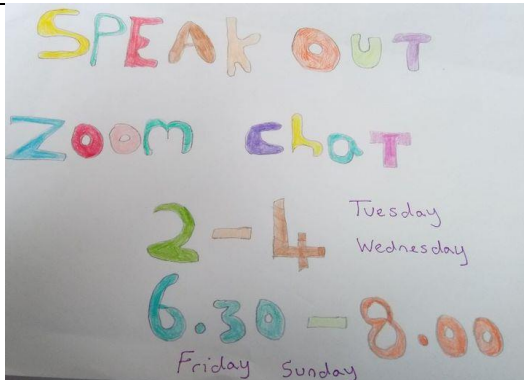




# 'Keeping Busy During Lockdown' Help Sheet



This is a list of things you can do if you need to keep busy during lockdown




The list was made by people at the Speak Out Tuesday Zoom Drop In, to help each other



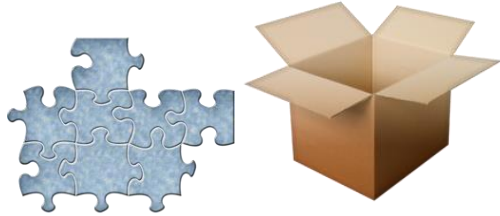
It is important to look after ourselves and each other during the pandemic

## Things you could do:

	<p>Word searches and puzzles</p>
	<p>Make things - use YouTube videos to show you how</p>
	<p>Have things to look forward to in your day</p>
	<p>Plan your day the night before</p>



Make a box of 'things to do' which you can add things to



Make a memory box to put special things in that remind you of important/good memories



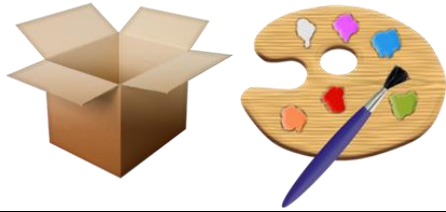
Have a nice bath



Do some cooking or baking – try something new!



Have a nice cup of tea with your favourite treat



Make something out of cardboard, like a house, you could paint it



Make a card or a picture and send it to someone you care about



Watch a movie or play a game



Get a 'bullet journal' or make one, fill it with pictures, drawings, write down how you feel



Play computer games



Do some dancing