

## Lockdown Wellbeing Activities



Consider focusing on the 5 Ways to Wellbeing as the basis for building your own Wellbeing Library of activities. The creativity involved in this will already boost your wellbeing and give you a future-focus!



Here are some ideas to get your thought processes going . . .

1. Start a journal with words and drawings
2. Plan a special celebratory dinner
3. Plan a week's menu with at least two new recipes
4. Watch a re-run of your favourite movie
5. Keep a gratitude diary – list at least two things each day
6. Watch a comedy with your family/flat-mates – have popcorn with that! –
7. Play a game of trivia – or have players make up their own questions!
8. Learn some yoga positions
9. Learn to play a ukulele (cheap and easy) or other instrument
10. Read a biography about someone who inspires you
11. Get out an old board game and make an evening of it (with snacks of course!)
12. Do some mindful adult colouring (or a kids book for fun!)
13. Rediscover your old favourite music from your teen years
14. Have and give a relaxing foot massage
15. Call a friend you've lost touch with
16. Call your grandparents (or other elderly family member)
17. Look up a random recipe on-line and make/bake it
18. Do a jigsaw puzzle

19. Start a blog with only positive comments
20. Declutter a room
21. Update your CV
22. Make a list of books you want to read
23. Make a list of moves you want to see
24. Search Pinterest or Mitre 10/Bunnings for craft/DIY project ideas
25. Call a workmate for a purely social chat
26. Do a workout video
27. Brainstorm ways to save money
28. Brainstorm ways to make some extra money
29. Make a life-experience bucket list
30. Start learning Te Reo or another language
31. Decide on a family Waiata
32. Plan some thoughtful birthday/Christmas gifts
33. Hand-make some gifts
34. Browse free on-line courses
35. Write a poem or short story
36. Have a poetry evening after #35!
37. Make a cookbook of favourite family recipes – circulate to all members
38. Make a list of things you want to do after lockdown ends
39. Watch a TED talk – or two – or three ...
40. Do some gardening or ground tidy-up
41. Wash and wax your car
42. Do a spring clean
43. Declutter your wardrobe
44. Learn to knit or crochet
45. Check out the Wiggles and play along!
46. Bake your favourite biscuits/cake/ cookies
47. Share your recipe from #46 with a friend
48. Explore ideas for camping in your back yard
49. Check out your library's free down-loadable books
50. Learn to give a massage