

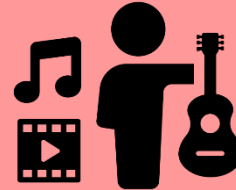
Things to do with new found time



Read for pleasure



Get exercise



Explore a new hobby



Write a story



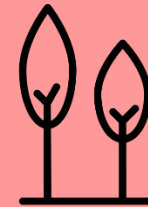
Listen to a Podcast



Create something



Doodle each day



Notice nature



Stream shows
(just not too much)



Learn something new

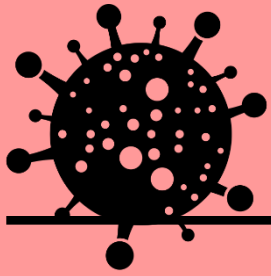


Tidy/organise



Call someone you
don't call often





Things to do with new found time



Read for pleasure

Read something new, fiction, non-fiction. Ask friends for book recommendations.



Get exercise

Use the days you have off to improve your fitness. Try running, or skipping each day.



Explore a new hobby

By the end of this you could be able to play the guitar, or have masters puzzles!



Write a story

Write something creative. Everyone has a story to write! Write for friends, for children, for yourself.



Listen to a Podcast

Check out podcasts and audiobooks! Explore a world of stories and documentaries.



Create something

Paint, draw, write, build! Use paint, cardboard, paper, fabric! Be creative.



Doodle each day

Doodle something different each day, for example an object around you.



Notice nature

Take 5 minutes (at least) every day to notice the natural world around you.



Stream shows

Find a new or loved series to watch. Just don't spend all your time watching it.



Learn something new

Find an online course to take, or if you've studies to do set time aside to do them.



Tidy/organise

Sort out your room, or house, reorganise and tidy spaces you use.



Call someone

Don't just txt, pick up the phone and call someone you don't normally call.

