






A MENU OF ACTIVITIES TO STRUCTURE ROUTINE AND TIME

ACTIVITY MENUE TO KEEP ACTIVE AND OCCUPIED






LOOK AFTER YOUR WELLBEING BY FINDING PURPOSEFUL BALANCE. MOST PEOPLE WILL FIND THE ADDITIONAL TIME THAT THEY NOW HAVE DIFFICULT TO MANAGE BECAUSE LIFE IS ORDINARILY ORGANISED AND WE ARE USUALLY SO BUSY. IN THE CURRENT SITUATION WE NOW HAVE MORE UNSTRUCTURED TIME THAN WE MAY BE USED TO. THIS ACTIVITY MENU MAY HELP YOU STRUCTURE YOUR TIME. FOR SCHOOLS, TRYING TO FIND ACTIVITIES THAT MEANINGFULLY FILL TIME IN THE ABSENCE OF LESSONS MAY FEEL CHALLENGING, BUT THIS ACTIVITY MENU MAY HELP YOU TOO. TRY AND CHOOSE AS A FAMILY, AS A CLASS, OR INDIVIDUALLY, FIVE ACTIVITIES EACH DAY. BEGIN WITH YOUR USUAL DAY TIME ROUTINE, HAVE BREAKFAST, THEN PICK ONE OR TWO ACTIVITIES TO COMPLETE FOR BEFORE LUNCH. IN THE AFTERNOON, TRY AND PICK ANOTHER ONE OR TWO ACTIVITIES AND WHEN YOU GET HOME, TRY AND PICK ONE MORE ACTIVITY. IF YOU ARE ENJOYING WHAT YOU ARE DOING IN ONE ACTIVITY, CARRY ON AND SIMPLY MOVE TO THE NEXT ACTIVITY WHEN YOU ARE READY. THE POINT IS, THIS MENU IS JUST THAT, ACTIVITIES TO CHOOSE FROM. IT DOESN'T MATTER IF YOU DON'T ACHIEVE FIVE ACTIVITIES AND IT'S OK TO COMPLETE MORE. THIS MENU IS MEANT TO BE AN AID TO HELP YOU THINK ABOUT HOW YOU COULD STRUCTURE YOUR TIME. THERE IS NO RIGHT OR WRONG. ADD YOUR OWN IDEAS AND HAVE FUN!

[Dr Dawn Bradley](#)

www.summitpsychologyservices.co.uk

				
ANIMALS	CREATE	MIND	SCHEDULE	ACTIVITY
<p>Pet an animal</p> <p>Groom a pet</p> <p>Walk a dog (remember social distancing)</p> <p>Clean out your pets living environment</p> <p>Listen to the birds</p> <p>Feed the birds</p> <p>Watch the wildlife</p> <p>Go bug hunting</p> <p>Find out about an animal you love</p> <p>Make a bird feeder</p> <p>Clean out a pond (with an adult if you are a child)</p>	<p>Draw a picture</p> <p>Draw or Paint a picture/ portrait</p> <p>Take photographs</p> <p>Doodle/ sketch/ draw patterns</p> <p>Organise your photographs</p> <p>Make a photograph album</p> <p>Start a scrapbook</p> <p>Finish a project</p> <p>Do some sewing</p> <p>Do some knitting</p> <p>Make a Lego model</p> <p>Make a model</p> <p>Make a memory box</p>	<p>Daydream</p> <p>Reflect</p> <p>Try Mindfulness</p> <p>Try Meditating</p> <p>Do some deep breathing</p> <p>Do some Yoga</p> <p>Do a guided visualisation</p> <p>Say a prayer</p> <p>Do some mindfulness colouring</p> <p>Make a Mandela</p>	<p>Make a daily schedule</p> <p>Choose your activities for the day</p> <p>Schedule getting up early one morning</p> <p>Schedule getting up late</p> <p>Plan to achieve at least three things each day</p> <p>Schedule a day off</p>	<p>If you go out, make sure you keep your social distance – 2 metres apart</p> <p>Go for a run</p> <p>Run around the garden</p> <p>Do an online work out</p> <p>Bounce on a trampoline</p> <p>Get out the Wii console if you have one</p> <p>Go for a walk</p> <p>Skip with a skipping rope</p> <p>Dance like no-one is watching</p>

		<p>Self-care is not about self-indulgence, it's about self-preservation.</p> <p>- Audrey Lorde</p> <p><small>www.facebook.com/summitpsychology</small></p>		<p>WE CAN CHANGE THE WORLD</p>  <p>WITH KINDNESS</p>
<h2>EMOTIONS</h2>	<h2>MUSIC</h2>	<h2>SELF-CARE</h2>	<h2>CLEAN</h2>	<h2>KINDNESS</h2>
<p>Express your emotions</p> <p>Laugh</p> <p>Sing</p> <p>Shout</p> <p>Cry</p> <p>Talk about how you feel</p> <p>Write about how you feel</p> <p>Draw your feelings</p>	<p>Listen to music you like</p> <p>Find some new music to listen to</p> <p>Turn on the radio</p> <p>Listen to an album from start to finish</p> <p>Sing a song</p> <p>Play an instrument</p> <p>Listen to a podcast</p> <p>Make some music</p>	<p>Take a long bath</p> <p>Take a shower</p> <p>Wash your hair</p> <p>Give yourself a facial</p> <p>Give yourself a manicure</p> <p>Give yourself a pedicure</p> <p>Take a nap</p> <p>Get a good night's sleep</p> <p>Look for opportunities to laugh</p> <p>Sit in the sun (wear sunscreen)</p>	<p>Pick a room and clean it</p> <p>Clean your bedroom</p> <p>Clean the yard</p> <p>Wash the windows</p> <p>Clean your shoes</p> <p>Clean your car/ bike/ scooter</p> <p>Do some laundry</p> <p>Organise your workspace</p> <p>Organise your learning space</p> <p>Sort through your things and organise your personal space</p> <p>Label some boxes and put your special things in them</p> <p>Sort out your make-up</p> <p>Wash your make-up brushes</p>	<p>Try a random act of kindness</p> <p>Do someone a favour</p> <p>Help a friend</p> <p>Help a neighbour</p> <p>Teach someone a skill</p> <p>Make a list of your good points</p> <p>Make a list of the things you are grateful for</p> <p>Make a gratitude diary</p>

				
NATURE	TRY SOMETHING NEW	CONNECT WITH PEOPLE	LEARN	PLAN
<p>Do some gardening Plant something and watch it grow Mow the lawn Plant some window boxes Sit outside</p>	<p>Try a new food Listen to some new music Watch something new Read a new book Listen to a new book Try a new dance Play a board game with your friends on Facetime or another virtual platform</p>	<p>Contact a friend Contact family Arrange a group chat Connect with a virtual platform and do something together like make a cake Write a letter Make a card and send it Reconnect with old friends</p>	<p>Learn something new Learn a new skill Complete some of your school learning Watch a video tutorial to learn how to do something</p>	<p>Create a budget Set a weekly goal Make a to do list Make a shopping list Make a birthday list Make a wish list</p>

				
WATCH	COOK	MEND	READ	WRITE
<p>Watch a film</p> <p>Watch a music concert online</p> <p>Watch a musical</p> <p>Watch something you wouldn't normally watch</p>	<p>Cook a meal</p> <p>Bake some cakes</p> <p>Bake some cookies</p> <p>Find a new recipe</p> <p>Cook with your family</p> <p>Choose a daily menu</p> <p>Set your mealtimes</p>	<p>Repair something that is broken</p> <p>Repair your bike/ scooter</p> <p>Blow up deflated tyres</p> <p>Fix a puncture</p> <p>Learn how to fix something</p> <p>Change the lightbulbs</p> <p>Decorate a room</p> <p>Sew buttons back on clothes</p>	<p>Read anything</p> <p>A book</p> <p>A Kindle</p> <p>A magazine</p> <p>A comic</p> <p>The newspaper</p> <p>Your favourite website</p>	<p>Write a letter</p> <p>Write a thank you letter</p> <p>Write a diary</p> <p>Write your CV</p> <p>Start writing a book</p> <p>Write a poem</p> <p>Write a blog</p> <p>Write a poem</p> <p>Write a song</p>

1.