

ACTIVITIES TO DO



LOCKDOWN CAN GET REALLY SAMEY, CAN'T IT? TRY GIVING SOME VARIETY AND STRUCTURE TO YOUR DAY BY FILLING IN THIS WEEKLY ACTIVITY CALENDAR. WE HAVE SOME IDEAS TO GET YOU GOING!

- IDENTIFY THE BIRDS FROM YOUR WINDOW ... TURN UP THE MUSIC AND DANCE! ... READ! ... CALL A LOVED ONE TO CATCH UP
- CONTACT YOUR NEIGHBOURS TO SEE HOW THEY ARE ... DO SOME BREATHING EXERCISES OR MEDITATE
- NOTICE 5 THINGS THAT ARE BEAUTIFUL OUTSIDE ... FIND A FUN WAY TO DO 15 MINUTES EXERCISE
- MAKE FUN PLANS FOR LATER IN THE YEAR ... DO A VIRTUAL QUIZ ONLINE
- START A JOURNAL ... BATCH COOK AND FREEZE HEALTHY MEALS ...

ANOTHER WEEK...	M	TU	W	TH	F	SA	SU

ANOTHER WEEK...	M	TU	W	TH	F	SA	SU

ANOTHER WEEK...	M	TU	W	TH	F	SA	SU

ANOTHER WEEK...	M	TU	W	TH	F	SA	SU

- ... LEARN A SONG AND SING IT LOUD! ... DRAW A PICTURE FROM YOUR WINDOW
- START WATCHING A NEW TV SERIES ... TRY MAKING SOMETHING CRAFTY OUT OF RECYCLING/RUBBISH
- WRITE A CONTRIBUTION FOR "LOCKDOWN" MAGAZINE! ... JOIN AN ONLINE SOCIAL GROUP
- LISTEN TO THE RADIO OR YOUR FAVOURITE MUSIC ... LEAVE A MESSAGE OF HOPE ON A TREE ... WRITE A LETTER!
- SEW THAT BUTTON BACK ON ... ENTER A LOCKDOWN MAGAZINE COMPETITION!



COMPETITION TIME!

PRIZES TO BE WON!

WIN A MINDFUL COLOURING BOOK, SOME PENS AND PAPER! TWO COMPETITIONS AND TWO CHANCES TO WIN! SEND YOUR CONTACT DETAILS AND PHOTOS OF YOUR ENTRIES TO US (CONTACT DETAILS BELOW**). CORRECT WORDSEARCH ENTRIES WILL BE ENTERED INTO A DRAW TO FIND THE WINNER.

WORDSEARCH "ACTIVITIES"

U	K	L	E	A	R	N	U	L	D	B	H	S	I
I	K	P	Y	O	D	H	W	X	V	F	G	M	X
Z	U	C	S	A	S	R	P	D	U	N	A	M	S
K	Q	U	N	R	I	X	S	O	I	D	H	E	E
I	I	C	G	T	M	E	V	K	W	G	H	D	V
D	E	I	E	A	F	H	O	Q	D	Z	C	I	S
C	T	N	S	X	R	O	M	S	P	R	X	T	U
V	H	R	P	T	C	D	I	R	E	X	I	A	G
P	Q	I	Y	W	R	V	E	A	J	W	Z	T	N
X	E	K	A	B	K	E	T	N	F	J	D	I	I
N	Y	A	L	J	U	E	T	G	I	V	Q	O	W
W	H	A	B	Z	P	G	U	C	Q	N	H	N	A
Y	B	N	Q	T	F	Y	E	B	H	N	G	V	R
F	R	L	R	U	T	O	X	I	C	B	T	Z	D

Try to find all the words from the list below. Put a line through each word you find.

- CREATE
- STRETCH
- COOKING
- MEDITATION
- DANCE
- DRAWING
- LEARN
- GARDENING
- BAKE
- WRITE



NOW, WE KNOW THAT SOME OF YOU HAVE A LOT OF TOILET ROLLS! SO WE ARE LAUNCHING A "DECORATE A TOILET ROLL" COMPETITION. SEND US A PIC OF YOUR DECORATED TOILET ROLL FOR YOUR CHANCE TO WIN A PRIZE!

