

## Isolation Ideas

### Communicate

Family and friends will appreciate a friendly chat or text to let them know you're thinking of them. It will also help your own wellbeing. Check in on your parents, grandparents regularly. Create a family WhatsApp group.

### Household Chores

- Clean, disinfect and rearrange – cupboards, furniture etc.
- Declutter
- Paint
- Odd jobs around the house you never find the time for eg. fix the fence
- Clean out the cupboards and draws
- Give those windows the once over
- Garden, mow the lawn, trip those edges and hedges
- Clean your car



### Use Skype/Zoom/Facetime & Apps for:

- Book Clubs
- Dinner parties – the virtual clinking of glasses and sitting to eat at the same time
- Movie Clubs

### Produce Blogs/Videos to share and interact with others

- Movie and book critiques
- New dance moves
- Workouts
- Food ideas

### Hobbies

Take up a new hobby or revisit an old one



- Knitting, crocheting
- Sewing
- Wood work
- Build model cars, airplanes
- Various arts and crafts
- Drawing, painting



## Challenge your mind / Education

- Crosswords
- Word puzzles
- Sudoku
- Chess
- Jigsaw puzzles
- Learn a language
- DIY courses
- Learn to play an instrument
- Do some online learning - look for free courses or paid if you have the budget

## Board Games and cards

- Monopoly
- Cluedo
- Battleship
- Operation
- Scrabble
- Pictionary
- Cards Against Humanity
- Poker
- Gin Rummy
- Snap
- Solitaire/Patience
- Uno
- Euchre/500
- Go Fish



## Movies, TV, Video Games and Gaming

Nothing like the good old “idiot” box to help you chill! Watch some comedy and have a good belly laugh.

- Revisit your DVD Library
- Netflix, Stan etc – watch or finish that series you’ve been putting off
- Netflix party – allows you to binge with your friends remotely by synchronising video playback. Watch together, stay connected!
- Xbox, PlayStation, Wii, Fortnite, Mario Kart
- Virtual gaming – Scrabble, cards etc. Play online with friends

## Read

Getting lost in a book is an easy way to relax and escape from your everyday stresses. Achieve total serenity by dedicating a short amount of time each day to reading, whether it be curled up on the lounge, with your morning cuppa or before bed.



- Read online for FREE! <http://novelfreereadonline.com/>
- Free audio books <http://www.openculture.com/freeaudiobooks>
- If you are a member of your local library check their website to see what ebooks and audiobooks you can download.

## Exercise and Meditation

It has never been more important to stay active to help keep our mental health in check. Not only does exercise support the immune system, it also boosts our mental health during these anxious times.



Here are just a few on offer. Also google 30 minute workouts – sooo many to choose from!

1. Exercise & Sport Science Australia - [www.exerciseright.com.au](http://www.exerciseright.com.au)
2. [Workouts to stream while you're self isolating](#)
3. Chris Hemsworth – 6 weeks free trial - <https://centr.com/join-us>
4. Yoga - [Free online Yoga videos](#)
5. Meditation - [Free Mindfulness Apps](#)
6. Did you hear about the man in France who ran a marathon on his apartment balcony? [Click here](#)
7. [Celebrities doing free workout sessions](#)
8. Create your own workout. Share if you like and challenge your family and friends.



## Family and Kids Activities

- Paint, draw and fold paper - origami or go the way of a paper airplane flying competition
- Make playdough - <https://www.bestrecipes.com.au/recipes/playdough-recipe/oypcpq9f>
- Make a cubby house out of furniture, sheets, cushions etc.
- Go Camping – in the backyard or in the lounge room. Don't forget the marshmallows!



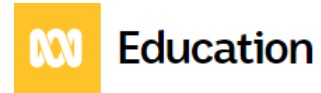
- Have a picnic – inside or outside
- Cook - cakes, biscuits, hamburgers – whatever takes your fancy!
- Set up an obstacle course for both adults and children – see who's the fastest
- Ideas for entertaining indoor activities [Indoor home activities for kids](#)
- Scavenger hunt
- Dress ups

For more great ideas [click here](#)

## Educational Resources for Parents, Teachers & Students

ABC Education has 5,000+ free educational games, lessons, videos, apps and teaching resources. Free Primary and Secondary resources covering history, English, Maths, Science etc. and games. This is a great resource for all ages. [ABC Education](#)

[ABC TV Education](#) broadcasts two hours of dedicated education programming for school aged viewers nationwide each weekday from 10:00am to Midday on ABC Me. For a copy of our Term 1 schedule [click here](#).



There is also an extensive collection of ABC TV Education programs always available on [iView Education](#)

## Arts and Culture



Take a day trip, to the world's most revered museums and art institutions, all in the comfort of your own home! Although they've been forced to shut their doors, you can still scour through iconic treasures and works of wonder, housed all around the world thanks to the [Google Arts & Culture](#) project. We're talking the MoMA, the Musée d'Orsay, the Met, Rijks Museum, the Smithsonian and even the space cadets at NASA. Whether you channel your inner art critic or play I Spy the phallic symbol, it'll be an adventure that goes down in history.

## Indulge yourself

- Use fragrance as a mood enhancer - Light some candles
- Take the time to enjoy a loong relaxing bath or a spa, if you're lucky enough to have one
- Get lost in a book
- DIY home beauty treatments - body scrub, facial and a pedicure
- Trim those nasal hairs

*Happiness is*  
A LONG  
HOT BUBBLE BATH



*Remember, be kind to yourself and those around you.  
If you need help please reach out, someone is only a phone call away.*

