

THE ACTIVE CITIZENS' LIST OF STUFF TO DO AT HOME

CONTACT

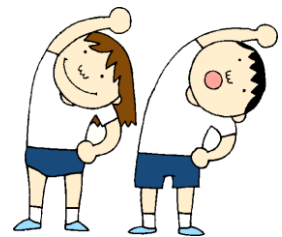


- Talking to friends on the phone
- Face timing your family
- Using facebook
- Write letters to friends and post them

BEING ACTIVE

(If you go out try to avoid close contact with other people)
Try to do something active at least once a day, or more...

- Start a short daily keep- fit routine, you can do at home. Some stretches, bends, etc. Maybe do some home made circuits, use tins of beans as weights
- Work out a dance routine you can do everyday to a favourite piece of music
- Cycling around the block or to the park and back



- Gardening. Digging, planting, watering and weeding can all provide good exercise.
- Yoga
- Walking – walking with purpose. Not dawdling along but walking briskly, decide where you are going and move swiftly along to that place, swinging your arms and being energetic. Then walk back, time each way, see if you can walk faster.

- Nature walk – if there is a park near your home, walk there every few days and see what is changing. Are there bulbs coming up?
- Playing on the Wii – particularly any sport or exercise
- Spring cleaning your room
- Spring cleaning your house
- Decorating your room (house)



BEING CREATIVE

THIS IS THE ONE WE WANT EVERYONE TO DO!

- Make an entry for our Postcard Competition

Theme: MY HOME, MY GARDEN

Draw or paint on a standard size postcard (you can cut one out of card – 10cm x 150cm) a picture of your home and or garden. Any medium, paint, pencil, pastels, oils, collage, etc. Your picture can be your own home, a dream home, whatever you want!

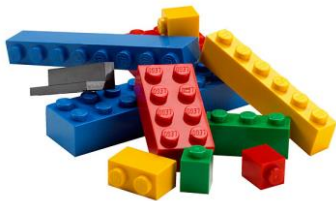
All entries will be exhibited at our next FLAGSHIP ART EXHIBITION and we will award prizes. You can enter as many times as you wish. EXHIBITION probably in the autumn this year.

- Painting by numbers in a book or on your tablet
- Colouring in an adult colouring book



- Keeping a diary of all the things you did while staying at home
- Learn a poem off by heart
- Wordsearches
- Dot to dot puzzles
- Knitting
- Making Easter Cards

- Crocheting
- Painting
- Sketching
- Drawing a self portrait using a mirror or photograph
- Making a scrap book of the last year, or a recent holiday

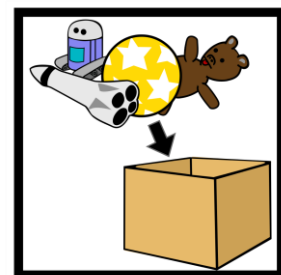


- Making models with lego
- Doing jigsaw puzzles easy ones first, then the really hard ones!

- Baking
- Planning new meals and making them
- Making craft kits – cross stitch
- Making models – planes, ships etc
- Learning to do origami

BEING ORGANISED

- Sorting out all the pictures on your phone, deleting the terrible ones!
- Decluttering your room – do you need this? Do you still like it? Make decisions!
- Sorting out your spring clothes, summer clothes...! Does it still fit? Am I still comfortable in this?



BEING ENTERTAINED

- Watching TV
- Watching DVDs or box sets

- Reading
- Listening to music
- Choose your Desert Island Discs – your favourite 8 songs. Think why they are important to you and how you would talk about them if asked.
- Play games on your phone
- Listening to audio books
- Listening to stories and plays on the radio



- Bird watching from your window – can you identify the birds?
- Counting the birds that come to your feeder, recording what you see.

The beauty is you can do some of these things at the same time! Multi-task...!

We don't like to endorse one company above another but THE WORKS on Market Street in Eastleigh has a huge range of quite cheap puzzle books and blank Easter cards to make. Hobbycraft at West End has many things to buy that can occupy your time.

Please tell us if you have found other things to do that you want to share with your friends. We will add these to the list and if you send in pictures we will showcase them.

The original list was compiled by Abbie, Michael, Stevan, Matthew, Karen, Ian and Katherine in the café at Milestones Museum, Basingstoke. With additions from Pauline and Michelle