

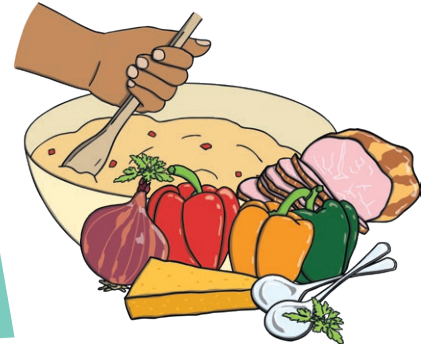
Beat the Boredom

Wondering how to stave off the boredom during the long days at home?

Try these ideas to keep yourself occupied and entertained while at home.

Cook

Remember all those recipes you've saved for years and never had time to try out? Now is the perfect time. Choose a new recipe to try each week and spend some time in the kitchen learning new skills and enjoying the results. This is a great activity to share with the whole family too.

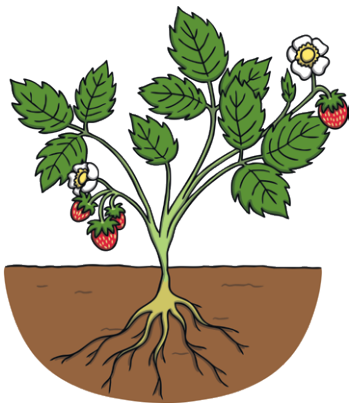


Make Music

If you play an instrument, try some new pieces or play on your doorstep to entertain the neighbours. If not, listen to your favourite tunes and sing along! Singing is well known to lift your spirits and make you feel good. It's always fun to dance along as well.

Read

Hands up who has a shelf full of unread books! Now's the time to change that. Settle down in a comfy seat, perhaps out in the garden in the sunshine, and work your way through those must-read books. How about sharing a book with the family as well?

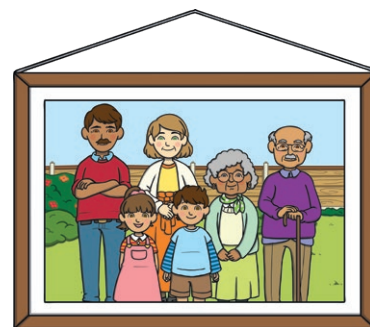


Gardening

Whether you have a large outdoor garden or a few pots on a balcony, gardening is a great way to stay occupied. Try growing a record-breaking sunflower, growing your own fruit and veg or keeping a cress head on your windowsill.

DIY

Everyone has those jobs around the house that they don't find the time to do. Use this time to redecorate your bedroom, put those family photos in frames or build that flat-pack storage unit.



Board Games

Mix up your days with a games night from time to time. Play with family or try a remote game of chess with friends by video call. Some people have even started a game of noughts and crosses with their postal workers – tape the board to the door and make a move each day!

Camp Out

If you'd usually be going on a spring camping trip, take your tent into the back garden instead and set up your deckchairs as usual. If the weather isn't great or you don't have a garden, camp out indoors instead!

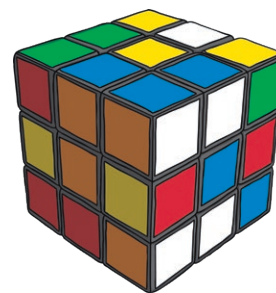


Scrapbook

It is clear that we are living through history at the moment so what a great time to make a scrapbook documenting life in lockdown. Note down your thoughts and feelings, add some photos and drawings and even letters you've received from family.

Puzzles

Give your brain a workout with puzzles like sudoku, word searches and crosswords. There are web-based programmes to design your own puzzles too, for friends and family to complete.



Jigsaws

Remember that 10,000 piece jigsaw you were given for Christmas? Now is the perfect time to get it out!

Crafts

With lots of online tutorials available, you could use this time to learn a new craft. Crochet, knitting and cross stitch are good places to start and you could also try paper cutting, glass painting and needle-felting.



Genealogy

Ever wondered about your family history? Use this time to research your ancestors – find out where they lived, about their families, work and more. All this can be researched online.

Look After Your Neighbours

It's important to communicate with people while at home. Try writing a note to your neighbours to keep in touch or help them out if you can. Maybe you could use this time to just catch up and get to know people better with a coffee over the garden wall, a sing-song together or a clap for key workers every week.



Learn a Language

Invest some time in learning the foreign language you've always wanted to speak. Add sticky labels to items around the house to learn key vocabulary and spend fifteen minutes a day using online programmes. You'll be good to go on holiday soon!

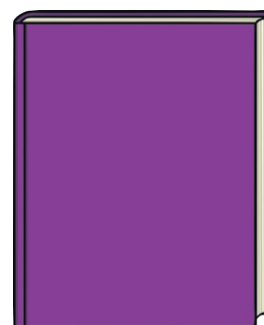


Make Career Plans

Maybe you've been furloughed or maybe your work has taken a downturn for the time being. See this as an opportunity to update your CV, refresh your skills with some online training and prepare for new steps in your career.

Make a Photo Album

Use this time to sort through all your digital photographs. Delete any duplicates or poor quality shots, sort them into files for future reference and why not collate some to make photo albums for family and friends?



Quiz Night

If you're missing your usual weekly quiz or bingo night, just recreate it from the comfort of your sofa. Arrange a time, set the questions and video call your friends.

Watch TV

Even when staying at home, we all need time to switch off completely. Find those box sets and films and sit back to enjoy them without the guilt that you should be doing something else!

