CORONA LOCKDOWN - WHAT TO DO

Below are some suggestions of what you could do at home when self-isolating:

**Activities for family and children during quarantine:**

**Create routine for work and play:**

The whole family can benefit from a predictable routine. Routine tells the brain what’s coming and helps children and adults mentally and physically prepare for the next event. It provides a sense of predictability that can reduce stress and anxiety.

**Do some physical activities:**

Exercise and physical activity provide both mental and physical health benefits. Don’t put your well-being on hold just because your favourite gym or activity center is closed. Enjoy activities that get the whole family moving.

* Go for a walk or bike ride in the neighbourhood
* Play classic movement games such as duck, duck, goose, hide-and-seek and follow-the leader
* Stream family friendly workouts
* Take a hike in a local park
* Roller-skate or roller-blade
* Go on a scavenger hunt (inside or out)
* Play freeze dance to everyone’s favourite music
* Keep the house tidy with the cleanup game; set a timer and assign everyone a room to speed clean

**Perform several educational and creative activities:**

Take this rare opportunity to learn about places around the world, flex your board game muscle and visit famous landmarks, all from the comfort of your own home.

* Travel and Leisure has a list of [12 museums that offer virtual tours](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours). You can check out famous locations in the US or abroad in Seoul, Berlin, Florence and more.
* You can also get your art fix with the [Google Arts and Culture app](https://download.cnet.com/news/google-arts-and-culture-app-launches-worldwide/) for iPhone and Android. The app lets you view [paintings in AR](https://download.cnet.com/news/how-to-view-paintings-in-ar-with-the-google-arts-and-culture-app/), read up on masterpieces and find your [famous painting doppelganger](https://www.cnet.com/news/google-arts-and-cuture-photo-matching-app-how-does-it-work/). Don't forget to [see what you can find in Google Maps](https://www.cnet.com/news/15-most-interesting-places-to-explore-in-google-maps/) if you're in the mood to explore.
* The [Georgia Aquarium](https://www.georgiaaquarium.org/) and the [Monterey Bay Aquarium](https://www.montereybayaquarium.org/animals/live-cams) have turned on webcams so you can still watch otters, fish and penguins without the crowds.
* Visit famous landmarks and interesting regions around the world through books and websites
* Learn about healthy eating and test out new recipes
* Put together age-appropriate puzzles
* Solve word games such as Sudoku, word search and crossword puzzles
* Hold a series of family game nights
* Create a family tree with photos
* Make shapes and structures with modeling clay or Play-Doh
* Build with blocks and magnetic tiles
* Gardening Indoors and outdoors.
* Knit, crochet or sew
* you can also buy or borrow books, magazines and newspapers fast on Nook, Kindle and the Apple News app for iOS. But be warned: Even though digital books are often discounted, the cost can still add up if you're a reading fiend.
* There are also ways to download free eBooks to your tablet, computer or phone. Websites such as [Authorama](http://authorama.com/%22%20%5Ct%20%22_blank) and [Project Gutenberg](http://www.gutenberg.org/) have hundreds of public domain works including Pride and Prejudice by Jane Austen, The Secret Garden by Frances Hodgson Burnett and Lewis Carroll's Alice in Wonderland available for download. Check out these [10 different ways to download free books](https://www.cnet.com/news/10-ways-to-download-and-read-books-online-for-free-library/).
* Conduct simple scientific experiments like making homemade slime or determining which objects sink or float in water, air has mass
* Download Dulingo or similar types of app to learn foreign languages.

**On-line learning courses for adult**

* The [Open Universit](https://www.open.edu/openlearn/free-courses/full-catalogue)y have lots of **free** on-line courses on a wide range of subjects.

* You can also search for free on-line courses on the [Future Learn](https://www.futurelearn.com/courses) web-site.  Type free courses in their search box and you should find a wide variety from Burns poetry to an Introduction to Frisian.

**Some other idea for adults**

* If watching, reading or listening to the news is getting you down try out some more positive news-sites: [The happy newspaper](https://thehappynewspaper.com/), [Positive news](https://www.positive.news/), [Good news network](https://www.goodnewsnetwork.org/)
* Some groups are using [Zoom](https://zoom.us/) for online meetings, singing groups and exercise groups.
* Stream a concert, opera or TV show
* [Tune into YouTube’s best cookingchannels](https://www.thrillist.com/entertainment/nation/best-youtube-cooking-channels/entertainment)
* Try out some exercises on the [Undefeatable](https://www.weareundefeatable.co.uk/) web-site
* Raise money for charity by entering a 100 cryptic quiz on [Rainbow Charity](http://www.rainbowcharitypuzzles.co.uk/)
* Give your brain some exercise with BBC [Memory Games](http://www.bbc.co.uk/scotland/brainsmart/games/)
* Try out an online jigsaw or crossword eg [jigzone](http://www.jigzone.com/)