

Activities checklist

Think about the following list of hobbies and whether any of them resonate with you. If so, you may want to prepare a checklist of tools and/or supplies you could get together ahead of time, so that in the event of lockdown/self-isolation you're all set to engage in enjoyable activities.

Lockdown/self-isolation may also be an opportunity for you to give something a go that you've always wanted to try. Thinking about this prior may enable you to prepare or collect the resources you would need to get going.

We have provided a list of activities, and the items or resources which you may need for them. Think of this like an emergency hobby box and store all the things you want to try.

Other more specific hobbies or interests may include photography, video gaming, chess, origami, juggling, and woodworking, the list is endless!

Give some thought to what entertainment or self-care activities may bring joy, comfort or peace to you or the members of your household, during a self-isolation or lockdown.

Activity	What you may need
Gardening	Tools, gloves, fertilisers, seeds
Cooking and baking	Cookware, utensils, ingredients, recipes
Music	Access to music, headphones and/or speakers, musical instruments or new albums to listen to
Art and craft	Paint, paint brushes, pencils, colouring in books, paper
Drawing and sketching	Pens, pencils, paper
DIY home projects	Tools, equipment, safety wear
Games, video games, puzzles, cross words	Consider personal games e.g., sudoku, or games for the household to do together
Reading	Unread novels or access to an online library (are you a member of your local library? Search for your council area and 'library' for more information)
Learning activities	Watching documentaries, reading, looking at family history, repairing things
Knitting and sewing	Yarn, knitting needles, patterns
Watching film and television	Access via streaming services, downloads or DVDs
Meditation or relaxation	Access to a meditation app or recording
Exercise	Weights, skipping rope, exercise equipment, sporting equipment or home-workout videos
Self-care activities	DIY manicure kits, bath salts