

## Staying Strong, Active, Neighbourly and Energetic

Make a list of friends and family to talk to, and call some today. Practice virtual hugging

Grow food! Dig a new garden bed or make a window box or trough and get planting!

Learn how to use Zoom, and set up a Circle of Friends to meet daily or weekly

Arrange a time to play Scrabble online with a friend, and search for other on-line games

If you belong to a club, group or church, plan a Zoom meeting for your members

Start a daily meditation or mindfulness routine

Set time aside to ask yourself what your personal goals are for the next six months and write them down

Take a daily walk. Nature is open 24/7

Join an online choir and sing your heart out with thousands of others

Start a daily exercise routine, to keep fit and build your immune system

Learn a new skill. But which? List five possibilities and choose one

Choose a realm of life you'd like to study, and decide on the best way to study it

Explore the world of on-line courses, choose one to start with

Choose five books you'd like to read, and dig in. Ask your friends or neighbours to share

Find an online cookbook and start planning meals from recipes. Try vegetarian or vegan

Order take-out from a local restaurant, to keep them in business

Celebrate the Arts. Explore the world of classical music or museums online

Make a list of movies to watch – but maybe limit your viewing to a few hours a day

If you have spiritual or religious inspiration, set time aside for prayer and reading

Make a list of your favourite family puzzles and games, and choose one to play today

Explore the world of podcasts, take time to listen to one

Practice not touching your mobile phone for a whole hour

Make a list of procrastinated household jobs, and start one. Time for de-cluttering?

Make a list of procrastinated garden or outside balcony jobs, and start one. Make way for beauty

Explore 'Volunteers Wanted' in your local paper, and ask if you can help