

Things to do during lockdown

- Clear out your wardrobe – sort out clothes, ditch items you haven't worn in months and get inspired to coordinate new outfits
- Sort those cuticles, slather on some hand cream, and give yourself a fresh manicure
- Read that book that's been gathering dust on a shelf since Christmas
- Catch up on all the TV you've been waiting to binge-watch
- Challenge yourself with some online crosswords or Sudoku puzzles
- Take the time to back up your phone and computer files, including photos – maybe you could even create an album or scrapbook?
- Tend to your houseplants
- Start a blog to share your thoughts, ideas or hobbies
- Have a go at a Bake Off recipe and cook up some sweet treats
- Hone a new skill such as knitting, crochet or needle felting
- Replace your gym visit with a home workout
- Learn a language using free online apps and websites
- Tackle some interior (or exterior) DIY improvements
- Embrace the old school and play some board games
- Take on a creative challenge and get involved with arts and crafts
- Learn to play that instrument you've always wanted to master
- Complete your favourite video game on your console of choice
- Ensure your days have structure – plan mealtimes and activities
- Choose five skills you want to master, and make a plan for each
- Clean out the cupboards and cook up a storm in the kitchen
- Go on a camping trip in the back garden – complete with tent, sleeping bag and alfresco dining
- Build a den in the living room – think cushions, blankets and cosy lighting
- Write a story or poem
- Clean the house – get the Hoover out and tackle the washing pile
- Aim to start and finish a jigsaw in one day
- Join an online yoga class
- Practice some mindfulness techniques
- Create a collage out of old magazines, newspapers and junk mail
- Teach yourself origami, or start by making a simple paper plane
- Create a homemade marble run or toy car track
- Take a long hot bath or shower and treat yourself to some scented shower gel or bath bombs
- Start a karaoke revolution in your living room!
- Create a happy thoughts jar
- Make your own greetings card to be used for future birthdays and other occasions
- Paint a family portrait, or a self-portrait using a mirror
- Build a bug or bee hotel
- Write compliment notes and hide them around the house for your family to find
- Tidy up the garden – pull up weeds, trim plants, cut the grass
- Work together to a family emblem, motto or song - include elements that are important to you and your family
- Research your family tree
- More ideas for kids activities can be found [here](#).