

MR HILL'S OFFICIALLY APPROVED AWESOME LOCKDOWN ACTIVITY LIST OF AWESOMENESS

Getting crafty:

1. Stencil and paint a favourite quote on to paper. Stick it up. **Get your parents' permission first...**
2. Make a collage of images from magazines, pamphlets and brochures. Frame them. Or turn into cards to send to your friends.
3. Use YouTube tutorials to learn to crochet. Make squares and join them together to make a dog blanket, baby wrap, prayer shawl. Or, learn to do embroidery. Make a simple picture (cross-stitch) and turn it into a card or picture to frame. Learn to knit! Studies have shown these kinds of activities are really good for you. Craft is even better relaxing in front of a fire with a nice hot chocolate, too. You can Youtube a fireplace if needed. But not a hot chocolate.
4. Make a themed collage of the photos on your phone. For example, people wearing hats, birthday pictures, restaurant outings, pre and post COVID life...

Cook, you MasterChef:

5. Make a recipe that a grandparent or special family friend gave you. Take photos of the masterpiece and send them to said grandparent or special family friend.
6. Make soup from bottom-of-fridge, scraggy but still edible vegetables in that slow cooker you've never used. **Get your parents' help.**
7. Handwrite a favourite recipe, provide a simple illustration and send to some friends with a short message of support and admiration.
8. Cook for your family. They will love you for it. Not if it's bad, though.
9. Make a cake for your Coordinator. He loves cake. Not chocolate, though.

Reading, writing, thinking:

10. When you've read and enjoyed a book, send it to a friend with an instruction to pass it on when read. Literally send it by mail. Random present! Yay!
11. Using a lovely notebook, write freely for 10 minutes every morning. Record dreams, memories, thoughts.
12. Search up some 'self-reflection' questions on the internet and write responses to these. Be philosophical and deep. You know you want to!
13. Write some poetry. Make everyone in your family write some poetry. Hold a poetry circle in which everyone has to read their poetry. Discuss themes and images in common.
14. Read that book on your shelf that you look at, know you should read, but keep on avoiding for some reason.
15. Watch some Youtube creative writing videos.
16. Play some nice instrumental music on Youtube and write in free form while you listen to it. Stream of consciousness writing – let it just flow!
17. Discover podcasts.

Be soothed by nature:

18. Buy packets of seeds, staple to a card and send to friends. Seeds represent hope in the future. Add a poem about spring.
19. Buy a packet of seeds. Sow them. Give the seeds compliments (and water/light) each day. Seriously. Studies show that talking nicely to plants improves their growth.
20. Make your own terrarium using ANY kind of jar a home (cheaper than completed versions). You need some rocks for drainage and some seed raising mix. And a plant. Kinda important.
21. Go for a walk to a place that you have seen but never actually visited. Make sure it is in your radius.
22. Try to find every public park in your local area / radius. Sit in every public bench at those public parks for at least 30 seconds and note what you can sense with your sense.

Approved uses for phones: (Stay in your radius and wear a mask!)

23. Send a text saying "Thinking of you" to, well, anyone you know.
24. Aim to take a photo of a street name for every letter of the alphabet. It will help you get to know your neighbourhood.
25. When you are out for your daily walk, take photos of small things to document the changing face of nature.
26. Make a collage of the flowers you see on a walk. You'll be surprised how many there are even in winter.
27. Take at least 5 photos on every walk using the following angles: below, low, neutral, high, above.
28. Look up 'Photo walk scavenger hunt' on the internet for lists you can use and enjoy.

Games are fun:

29. Learn to play a new card game. Challenge a family member to a tournament.
30. Play a board game with your family. Not Monopoly. You want to be on talking terms by the end of the game, after all.
31. Make an original board game. Theme it for extra challenge to a historical period. It can't just be a Snakes and Ladders clone.
32. Find an old board game and, using the same board and pieces, come up with a new game.
33. Similarly, come up with a new card game. Or, try to convert a popular sport – say, hockey – into a card game.
34. Go outside and find some old equipment etc. and make a new, original game.
35. Watch the Olympics.

Audiophile

36. Make an instrument using things found around the house. I'm sure your parents won't mind if you practice at all.
37. Make a playlist on Spotify and share it with your friends.
38. Find a well-known tune and write new, original lyrics to it.
39. Use online composing software to write a theme for Sheldor. Or make a theme for your pet.
40. Make a playlist of songs and themes that represent different stages in your life. For example, a theme for when you were a baby, a toddler, a little child, etc.