**Lockdown Leisure List**

*Please see this list as a source of inspiration to increase your engagement in leisure activities, whether these are new to you or old favourites, while always ensuring that you are following the advice you have been given, to help ensure your safety and the safety of others in the context of the covid-19 pandemic.*

 Aerobics  Animals (e.g. documentaries/YouTube videos, memes)  Arrange to eat at the same time as a friend, so you can talk over breakfast/lunch/dinner  Art  Astronomy  Audio books

 Blogging (online journal)

 Calligraphy  Charades (virtual)  Chess online (play, watch others play, tournaments, etc)  Colouring in  Computer games  Computer programming  Crafting  Create a playlist (why not share it with friends?)  Create an online quiz for friends  Creative writing

 Dance (or how about a dance-off?) on Tik Tok  Set up an online dating profile  Debating  Online devotional activities (prayer, worship etc)  Discuss books or films  Doodle  Download a new app  Draw (e.g. a self-portrait or the view from your window)

 Event or party planning for when quarantine is over  Exercising

 Family (chat online)  Fantasy football  Film making

 Gadgets  Genealogy  Gratitude list (nightly) – see template here 

 Give yourself a hand or foot massage  Gift-giving  Golf (online)

 Hair styling  Have a discussion

 Journaling  Juggling

 Karaoke (why not try a virtual sing-off?)

 Laughter yoga  Learn how to say ‘it’s nice to meet you’ in a new language  Learn something new  Life admin (e.g. emails, paperwork)  Listen to others  Listen to music  Look at or organise photographs/albums

 Magazines  Magic tricks  Make-up  Manicures/pedicures  Meditating  Meet new people online  Mindfulness meditation  Motorcycles (magazines, documentaries etc)  Multi-player gaming  Music (making or listening)

 Nature (e.g. what trees/plants/birds can you see from your window?)

 Online colouring in  Online shopping/browsing  Origami  Organise the contents of your cupboards, etc

 Paper crafts  Photoshopping  Pinterest  Play (spider) solitaire  Photography  Podcasts  Poetry  Practicing karate  Practicing yoga  Play a musical instrument (for yourself or to others online)  A virtual push-up challenge

 Radio  Read a book for pleasure  Recipes (e.g. find things you’d like to make during the cold weather to come)  Relax  Religion (reading, documentaries, debating, prayer)  Research somewhere you’d like to visit in the UK

 Scrapbooking online  Sing  Sketch  Skip  Social media (try a new site?)  Solving riddles  Sort the photos on your phone/laptop into folders  Story telling

 Tai chi  Take a virtual trip or tour  Talent show  Talk on the phone  Take online classes  Teach someone something new to them (e.g. a dance or song)  Technology  TED or TEDx Talks  Theatre (watching plays, musicals online)  Tik Tok

 Unplug all your electronic gadgets for an hour  UoN TikTok ('uniofnottingham') – a place for students to share lockdown experiences with each other

 Video games  Vlogging

 Watch the sunrise or sunset  Watch a movie online at the same time as friends/neighbours  Watch a boxset/series  Wish List (things you most want to do after quarantine ends)  Word puzzles  Writing (stories, books, poetry)  Write a card or letter to cheer someone up  Work out

 Zumba

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