

# Lockdown Leisure Interest Checklist

*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 your government's guidelines to help ensure your safety and other people's in the context of the covid-19 pandemic.*

Aerobics  Animals (e.g. documentaries/YouTube videos)  Art  Astronomy  Audio books

Baking  Beading  Bicycling  Bird watching  Blogging (online journal)  Book club (online)  Bowling (e.g. on Wii)  Brunch (make your favourites)

Cake decorating  Calligraphy  Caring for plants  Caring for pets  Charades  Chess online  Cleaning  Cooking  Colouring in  Computer games  Computer programming  Crafting  Creative writing  Crochet

Dancing  Online dating  Decorating  Debating  Online devotional activities (communal prayer, worship etc)  Dining in  Discussing books  Dog training  Doodling  Drawing  Dressmaking

Embroidery  Event or party planning  Exercising

Family (online, telephone)  Fantasy football  Film making  Flower arranging

Gadgets  Gardening  Genealogy

Giving yourself a hand or foot massage  Gift giving  Going to parks

Golfing(online)

Hair styling  Community radio  Having discussions  Home decorating  House repairs  Hula hooping

Indoor camping

Jewellery making or repairs  Jigsaw puzzle  Jogging  Journaling  Juggling

Karaoke (online)  Knitting

Laughter yoga  Learning a foreign language (e.g. Duolingo)  Learning something new  Life admin  Listening to others  Listening to music  Looking at or organising photographs/albums

Macramé  Magazines  Magic tricks  Make up  Manicures/pedicures  Meditating  Meeting new people online  Mindfulness meditation  Model building - model trains/railroads/ships/planes  Motorcycles (magazines, documentaries etc)  Music (making or listening)

Online shopping/browsing  Origami  Organising (contents of cupboards, etc)

Painting  Paper crafts  Paper making  Photoshopping  Pinterest  Playing solitaire  Photography  Podcasts  Practicing karate  Practicing yoga  Playing a musical instrument

Reading books for pleasure  Recipes  Relaxing  Religion (reading, documentaries, debating, prayer)  Repairing things around the house

Sewing  Singing  Sketching  Skipping  Social media (try a new site?)  Solving riddles  Story telling

Tai chi  Talking on the phone  Taking a bath  Taking online classes  Teaching  Technology  TedX Talks  Theatre (watching plays, musicals online)  Dance on Tik Tok

Video games  Vlogging  Volunteering

Walking  Watch the sunrise or sunset  Watercolours  Watching movies  Watching a boxset/series  Weaving  Word puzzles  Writing (stories, books, poetry)  Writing a card or letter to cheer someone up  Working out

Zumba

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