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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