



## Tip Sheet

# Things To Do At Home

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Photo Credit: Alex Loup

Being at home all day and often alone can be difficult so we have put together some ideas and opportunities to learn new things and keep yourself connected and entertained!

### No Internet, No Problem!

- ✓ Gardening e.g. grow your own vegies, plant some seeds.
- ✓ Put notes in the neighbour's letter box to check in on them or arrange a chat.
- ✓ Anzac day - stand at the top of your driveway for the dawn service.
- ✓ Create a rainbow trail - paint your window or on the pavement with chalk.
- ✓ Paint a mural; keep a dream or gratitude journal; create a bucket list; make a story or vision board; read a book.
- ✓ Research things to do in your local community by going through the local paper e.g make a list of clubs, environmental groups etc, based on your interests.
- ✓ Write and illustrate your own book.
- ✓ Cook - learn some new recipes, take photos, create a recipe book.
- ✓ Learn how to self-manage your NDIS plan.

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- ✓ Follow a routine, create a schedule for your day.
- ✓ Play games e.g. board games, celebrity head, Pictionary, guessing games, charades e.g. everyone writes down a like or dislike and places them in a hat - then the group needs to guess who said what.
- ✓ Watch TV or have dinner with friends on Face Time, Messenger App or Zoom (using your phone).
- ✓ Go for a walk or set up an exercise routine, room or circuit.
- ✓ Create art or craft e.g. press flowers, create a painting, collage, papercraft or woodwork
- ✓ Ring a friend and talk to them on the phone. Use Face Time, Messenger App or Zoom to connect with friends and family (using your phone).
- ✓ Play games on your phone; plan a holiday; write a letter, play, poem or story.
- ✓ Create challenges to do with your friends via phone conversations using Face Time, Messenger App or Zoom e.g. draw what you did on the weekend, draw 3 things you are grateful for and ask your friends to guess.
- ✓ Organise your photos in storage or make a photo board.
- ✓ Do scrap booking, sewing, embroidery, beading or crochet.
- ✓ Play indoor bowls, play volleyball or football with a balloon, sock basketball.
- ✓ Walk the dog, other people's dog or other animals.
- ✓ Clean out cupboards, tidy or refresh your house.
- ✓ Create quote for the day and write it on the pavement or post on Facebook.
- ✓ Take photos, or sort your photos and make a photo album.
- ✓ Play board games on your dining room table.
- ✓ Design or make furniture. YouTube has plenty of tutorials to build just about anything (use your phone to watch YouTube).