

# Activities to do at Home

It is important of us to stay active whilst we are at home for social distancing. Being active will help us to feel energised and positive. This will help us to maintain good emotional wellbeing. Below are some suggestions of how to keep your body and mind active.

- **Keep physically active** – exercise keeps us physically healthy but more importantly at this time it will lift your mood and help to keep you happy, try to do some sort of exercise every day

Go for a walk



play some music and dance around your lounge



walk up and down your stairs 10 times



do some cleaning



do one of our Baked Bean exercise and warm up videos on our YouTube channel

YouTube



[www.youtube.com/c/Bakedbeancompany](http://www.youtube.com/c/Bakedbeancompany)

- **Keep your mind active**

Reading books or magazines



Watching TV & films



Listening to podcasts or audio books



Drawing or painting



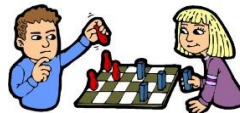
Knitting, crocheting, sewing



Gardening



Board and card games



## Useful websites for online activities and resources:

- March Network have put together a webpage of organisations that have created some online resources to keep people active at home  
[marchnetwork.org/creative-isolation](http://marchnetwork.org/creative-isolation)
- Hundreds of free West End musicals and plays to watch  
[filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirusoutbreakupdatingdaily](http://filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirusoutbreakupdatingdaily)
- Chatterpack - lots of virtual tours of museums, art galleries, zoos as well as lots of online learning  
[chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home](http://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home)