

# Activity Menu



Go for a walk

Listen to the birds - really pay attention and be mindful



Create a mood board of all the places you would like to go



Write an encouraging letter to a friend



Create a music playlist full of happy songs



Meditate

Organise a virtual dinner party with friends, all try and cook the same recipe



Make a bucket list



Plant something (Herbs can be kept indoors!)



Make a care package for someone



Make a photo album



Do an online workout/dance class