USE AN ACTIVITY MENU TO GIVE YOU SOME IDEAS TO STAY OCCUPIED DURING THE TERM 1 HOLIDAYS

ANIMALS
Pet an animal
Walk your dog
Wash your pet

CREATE
Draw a picture
Take a photograph
Make a photo album
Start a scrapbook
Finish a project
Learn how to sew/ knit

MUSIC
Listen to music you like
Find some new music to listen to
Turn on the radio
Make some music
Sing a song
Play an instrument
Listen to a podcast

LEARN
Learn something new
Learn a new skill
Learn a new fact
Learn a new language
Watch a tutorial video
Get ahead on Term 2 class work

WATCH
Watch old home recorded videos
Watch a movie
Watch a Netflix series
Watch a YouTube video

MIND
Meditate
Pray
Try Mindful Colouring In
Practise yoga
Do Origami

COOK
Cook a meal for yourself
Cook a meal for your family
Bake a cake
Make a healthy smoothie
Find a new recipe

BE ACTIVE
Go for a walk
Go for a run
Go for a swim
Go cycling
Do some exercise from @trinitycollegesports
Do a home workout

READ
Read a favourite book
Read a new book
Read the newspaper
Read your favourite website

TRY SOMETHING NEW
Try a new food
Listen to some new music
Wear some new clothes
Read a new book

WRITE
Write a gratitude letter
Write a ‘thank you’ card
Write a journal / diary
Write your CV

KINDNESS
Make a gift for someone
Try a random act of kindness
Do someone a favour
Teach somebody a skill
Do something nice for someone
Plan a surprise for someone
Make a list of things or people you are grateful for

CLEAN
Clean the house
Clean the yard
Clean the bathroom
Clean your bedroom
Clean the fridge
Clean the oven
Fill / empty the dishwasher
Do laundry
Organise your workspace
Clean a cupboard

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