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WAYS TO MAKE THE MOST OF YOUR TIME AT HOME



1

Spend quality time with your family: do activities that includes all family members such as exercising, cooking, and playing games. Always remember to keep at least 1.5m between yourself and others



2

Contact your friends and extended family: use social media and online communication apps to video chat with friends and family



3

Invest your time in personal development and exploring new hobbies: Take this time to explore online workshops, courses and new hobbies that interest you



4

Read: Now that you've got more time to yourself, pick up a book and spend some time reading each day



5

Get creative with arts and crafts: Draw, paint or create something especially with children



6

Expand your cooking skills: We all love to eat tasty food so make the most of your additional time at home and try some new healthy recipes



7

Get active: Challenge yourself to do home workout every day – there are lots of videos online that you can follow for ideas and guidance



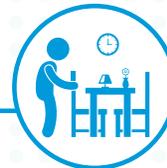
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Take care of your mental health: Don't forget to do things that you love to help you relax such as yoga, meditation, and breathing exercises



9

Listen to podcasts: In the last few years the popularity of podcasts has soared. There's now a range of podcasts available on many topics



10

Rearrange your home: Have you been thinking for a while about rearranging your house? Now is the time to get creative and make some changes to your home