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.

8. 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.