

# THINGS TO DO WHEN YOUR SELF-ISOLATING

## The User Voice and Participation Team's Guide to Self-isolating

**BE STRONG - IT MAY BE STORMY NOW, BUT IT NEVER RAINS FOREVER**

### ARTS AND CRAFTS CAN PASS SOME TIME!



- **Make your own bookmarks** - Cut card and decorate in your favourite books themes
- **Make a bird feeder** from materials you find around the house!
- **Make a scrap book** - Although self isolation can be boring it may important for future generations to know the things that happened during the COVID19 outbreak.
- Put together a **stress busting kit** for yourself - Include fidget toys and maybe a small colouring book next time you are stressed or anxious open the box and use the materials to distract yourself
- Create and send **invisible ink notes** to those you live with - All you need is lemon juice, cotton bud or paint brush, cup, paper and a candle!

### ACTIVITIES

- Have a **movie day** - Nothing says self isolation without spending at least a whole day watching your favourite movies! At least now you do not need an excuse to do it!
- **Make dinner** for those you live with - Look up a simple and easy to follow recipe and make dinner for everyone, waste a whole day researching recipes and cooking.
- **Learn a dance** or do some **guided exercise** with a Youtube video
- Clear out your wardrobe and tidy your room! Rearrange the furniture and add your artwork to the walls
- **Read a book** - Its not often anyone gets the time to read a whole book! Give it a go find one you might not normally choose to read
- **Learn a language** - There are lots of books available or you can go online to learn a new language

### GET THAT MUCH NEEDED (AND ALLOWED) EXERCISE

- **Download Pokemon Go!** It may seem like a strange idea of exercise, but if your not keen on walking and need some distraction to do so why don't you catch Pokemon as you go? Little secret - some of the team love this game!
- If Pokemon is not what your looking for why don't you try **Geocaching** with those in your household? Download the app and off you go!
- Don't worry if you don't have a phone you could try making your own **nature hunt** - You can make a tick list and find things like an acorn or a heart shaped stone
- Why don't you try **learning yoga**, or making your own obstacle course in the house or garden and trying to beat your time to finish it each time you complete it

### SPEND SOME TIME DOING THINGS YOU ENJOY

- Was there a **specific topic** you liked at school? Like Ancient Rome for example - Research it and become an expert!
- Lay on the grass and **cloud watch** - Waste time by figuring out what the cloud shapes could be. Can you see any animal shapes? Can you see the clouds moving to form new shapes
- Some **zoos** are streaming their animals live during the day - get online and see what your favourite animals are up to
- Take a **virtual museum tour**
- Host a **digital Netflix party**
- Create a **music playlist** of your favourite childhood songs and listen to it



### PRACTICE SOME MINDFULNESS

This exercise is designed to connect us with the beauty of the natural environment, something that is easily missed when we are rushing around in the car or hopping on and off trains on the way to work.

1. Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon.
2. Don't do anything except notice the thing you are looking at. Simply relax into watching for as long as your concentration allows.
3. Look at this object as if you are seeing it for the first time.
4. Visually explore every aspect of its formation, and allow yourself to be consumed by its presence.
5. Allow yourself to connect with its energy and its purpose within the natural world!

**FOR MORE INFORMATION CONTACT THE UVP TEAM**

**EMAIL: [USER.VOICE@SURREYCC.GOV.UK](mailto:USER.VOICE@SURREYCC.GOV.UK)**

**INSTAGRAM & TWITTER: @OURVOICESURREY**



USER VOICE AND PARTICIPATION