

60 Activities to do at Home

- on your own, with your family, or with your Support Worker -

1. Plan the weekly menu and shopping list
2. Clean out and organise your pantry
3. Learn to play chess
4. Role play – if someone is looking to find work, practise interview skills
5. Prepare/review a resume if you are looking for work
6. Sell unwanted stuff on Gumtree – Take photos and create an ad
7. Create a Bucket List of things you want to do
8. Plan a holiday – Research what to do, where to stay, cuisine, etc.
9. Write a story
10. Play charades
11. Make a collage of old magazines
12. Download Snap Movie and create movies
13. Stretching exercises or learn yoga
14. Download the Australian Bird Sounds App and listen to different birds
15. Learn basic first aid
16. Paint your fingernails or toenails
17. Make some flower arrangements
18. Create something using papier-mâché
19. Write a love letter
20. Send a message in a bottle – Throw it out to sea when you can go back to the beach!
21. Create a time capsule to be opened in 1 year, 5 years or 10 years
22. Learn to dance salsa
23. Workout
24. Watch movies/documentaries
25. Play boardgames and cards
26. Learn to sew
27. Have a Spa Day with facemasks, candles, relaxing music etc.
28. Do a puzzle
29. Bake your favourite treat
30. Play video games
31. Cook a meal
32. Watch live streams of animals at Melbourne Zoo
33. Learn to do new things from YouTube
34. Do a deep clean of your home
35. Catch up on phone calls to family/friends
36. Listen to music
37. Create playlists for different activities
38. Make a scrapbook
39. Paint or decorate plant pots
40. Get takeaway coffee/meal
41. FaceTime with your friends/family
42. Check out how to use social media apps
43. Develop a daily routine and make visuals
44. Declutter and get rid of unwanted items
45. Learn a magic trick
46. Learn about Botany – Collect items from the garden to build an album of dried flowers
47. Learn to make a podcast
48. Learn to play an instrument (like ukulele, or the recorder)
49. If in the car, drive with the windows down, play the music loud and sing!
50. Collect some free/cheap gym equipment, set it up outside, and have a workout
51. Wash the car
52. Do some gardening – Grow some food, or plant herbs and pretty flowers
53. Learn a new language (maybe Auslan – sign language)
54. Sort out a home budget
55. Do some online, virtual tours of some of the world's greatest museums and art galleries
56. Learn to do some outdoor household chores, like sweeping leaves
57. Teach your dog a few new tricks – Checkout YouTube videos for this
58. Join a virtual choir – Checkout TimeOut Magazine for a list of virtual choir groups
59. Check in with your mental health – Create a Mental Health Plan, or try meditation
60. Rainbow-tise your bookshelf! Sort your books by colour