

## THINGS TO DO!

- Bake your favorite treats
- Go out for a walk/on your mobility scooter – but remember to keep a safe distance from others
- Read a book or magazine
- Crosswords, puzzles, word searches, sudoku
- Painting
- Mindful colouring
- Deep breathing
- Gardening or planting bulbs
- Get an old recipe book out and make something
- Write down your favourite memories, or write your life story!
- Knitting, crochet, cross stitch, embroidery, patchwork
- Card games, such as solitaire
- Jigsaw puzzles
- Paint some garden stones or rocks or plant pots
- Make a recipe book with your favourite recipes
- Feed the birds
- Play some music

Any other ideas, especially for those who don't have access to the internet? If so, let me know, and I can pass them on!

