



10 things to do at home during the lockdown



1. Keep learning

Keep your brain busy – do an online course or read articles on topics you are interested in.

2. Find a new hobby

Ever thought about trying something new but you never had time for it? Now you can finally unleash your creativity.

3. Reflect and redefine

Are you on the right path?
Is your life currently making you happy?
Think about what you can change to make it better.



4. Family time

Catch up and reconnect with family members. You can video call people who are far away in Facebook or Skype

5. Declutter and donate

Practice minimalism – go through your belongings and sort the ones you rarely use for donation.



6. Learn a new language

Want to practice a foreign language or get the basics of a new one - download Duolingo and start learning

7. Get to the to-be-read pile

Plenty of time for reading all those books you bought but never got to reading.



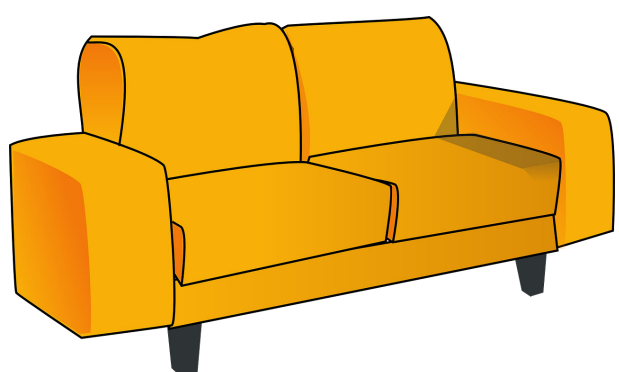
8. Stay in shape

30 minutes exercise per day – even if the gym is closed you can work out from home.



9. Give your room a makeover

Being at the same place for a long time gets boring and frustrating - rearrange and decorate to refresh your room.



10. Don't forget to be human

Remember we need to be united and help each other more than ever – give a helping hand with to anyone who needs it.

