

## TV Picnic



Choose a TV series or film, order in a takeaway or buy your favourite snacks and enjoy a night relaxing on the sofa when the children are in bed. Rewatch old favourites or choose something new that you've always wanted to see and take a couple of hours to chill and enjoy each other's company.

## Exercise

Enjoy a gentle run in a morning to energise your day or an evening stroll to wind down later on. Try something new like yoga or pilates or do a family-friendly workout in the garden each day. Exercise is a great way to relax and switch off from the stress of work and the world around us.



## Challenge Yourself



Whether you've always wanted to perfect your culinary skills, learn to use your sewing machine or learn a language, take this opportunity to challenge yourself and engage with something new. Look for tutorials and apps online to help, chat to friends about it and share the results over a coffee and video chat.

# Downtime Ideas for Adults

If you're isolated and perhaps working from home with children around, try these ideas to relax, keep occupied and maintain relationships with friends and family.

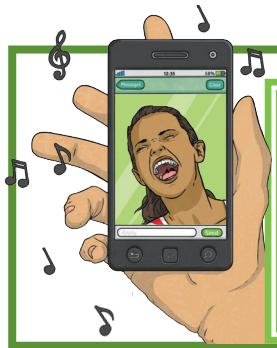


## Journal

Take the time to write down, sketch or photograph things to record and reflect on during this period. This can be helpful to mark the end of each day, relax and clear your mind ready for a good night's sleep.



## Join a Choir



It might seem like an odd time but not only does singing release 'feel good' hormones, there are several virtual choirs popping up during lockdown. Either call into a video meeting and sing together or follow a live stream choir master to sing at home along with hundreds of other people!

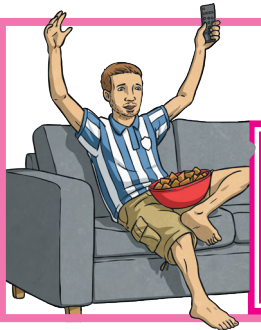
## Get Together

With so many apps available, meeting up with friends and family is easy to do and you don't even need to arrange a babysitter! Choose a time, get drinks and snacks ready and enjoy some conversation and laughs when the children are in bed.



## Quiz Night

Recreate a weekly quiz night with your friends and family. Take turns to set the questions, vary the theme each week or join in one of many virtual quizzes being held online already.



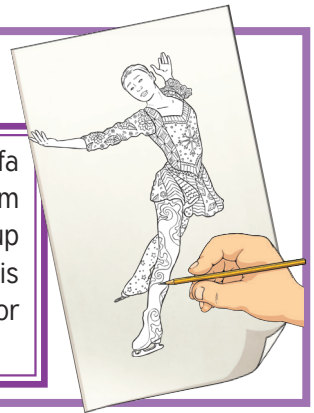
## Book Group



Maybe you've always wanted to join a book group but lacked the time or maybe you're new to the idea. Now is a great time to join a group or start one with some friends. Choose a title, spend a few weeks reading it then arrange a video call to share your thoughts about it. You may find yourself reading all sorts of books you wouldn't normally have chosen.

## Colouring

Try relaxing with some mindful colouring on the sofa in the evening. This is a good way to wind down from a busy day, focus on something calming and liven up the pictures on your walls. You could, of course, do this together with children as well and add it to a journal or send pictures to friends and family.



## Mindfulness

It's easy to feel overwhelmed by the uncertainty of this time, especially not knowing when it might come to an end. Focusing on the present and practising mindfulness can be helpful for coping day to day. This could be through breathing techniques, meditation, stretches and relaxation techniques or focusing on a positive aspiration and how you can integrate that into your life each day.

