



How to stay active and enjoy yourself during COVID-19

Are you missing some of your favourite activities?

Here are some different ways to stay active and enjoy yourself during COVID-19.



SPEND TIME WITH SMALLER GROUPS

e.g. take part in a small exercise group



ENJOY TIME BY YOURSELF

e.g. look through old photos



USE TECHNOLOGY

e.g. watch a concert or musical online

Talk to your family or carers about the best ideas for you, so you can stay active and enjoy yourself despite the virus.