



# How to stay active and enjoy yourself during COVID-19

Are you missing some of your favourite activities? You can still do many of the social activities you enjoy, though they may be a little different.

Think about what you enjoy and talk to your family and carers about what you would like to do. This may involve using technology like apps on a smartphone or tablet. Your family or carers can show you how to use these devices if you don't already know.

## BEFORE COVID-19

## DURING COVID-19



### Group exercise class

- Socially distanced outdoor exercise group
- Chair exercises in your room
- Online dance or yoga class



### Gardening club

- Garden with a small socially distanced group
- Take care of a pot plant in your room or on your balcony
- Go on a virtual tour of famous gardens



### Choir or music concerts

- Have a socially distanced singalong with your neighbours
- Sing along with your favourite singer on the radio
- Watch a concert or musical online



### Day trips

- Go on short walks outside with a small group
- Relive your adventures by looking through old photo albums
- Join a virtual tour of famous art galleries and museums



### Church/mosque/synagogue/temple

- Attend a small group religious service
- Devote some personal time to prayer or meditation
- Check if your religious group is recording their service and watch online



### Games night

- Organise a game night with an intimate group of family or friends
- Complete some puzzles or games in the newspaper or magazines
- Challenge your family and friends to an online game

Talk to your family and carers about which ideas would work for you. Ask them to help you learn any new technology that you'd like to use. Then stay active and enjoy yourself during COVID-19.