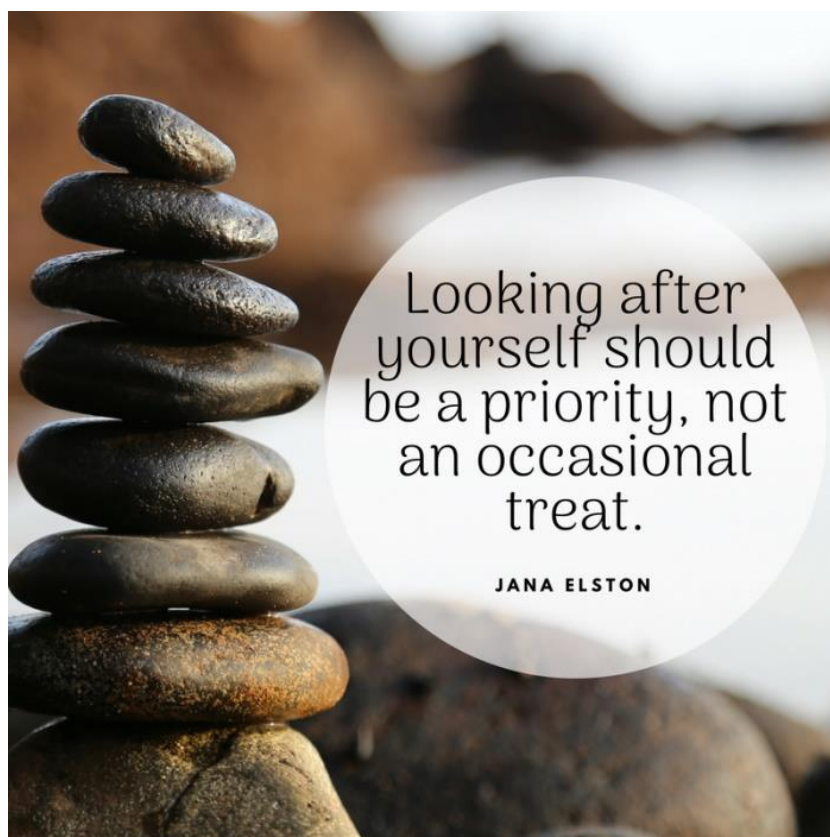


COVID-19 RESOURCE PACK

ACTIVITIES LIST



Psychology Team, Community Neuro Rehab Team

Overview

- Staying busy can be a great way to combat negative emotions and stay positive.
- This document consists of a helpful list of fun filled activities to complete, which has been generated by Shropshire Council.
- It also contains further ideas from the “coping calendar” to help fill your day; diary pages to help structure your day and positive Psychology cards- a useful tool to help you focus on the positive moments during this strange time.

- Keep doing the activities you enjoy but consider trying a few new ones.
- Challenge yourself to see if you can come up with any ideas of your own.



Contents Page

Activities List.....	4
Coping Calendar.....	6
5 Things I’m Thankful for.....	7
“What’s your plan today?” diary.....	8
Positive Psychology Prompt Cards.....	10



Activities List – Taken from the Shropshire Council

Covid-19 Resource Pack

These are just some suggestions of how you can use your time during this period. See how many more ideas you can come up with:

- Clear out your wardrobe or cupboards
- Give yourself a manicure/pedicure
- Read/write a book
- Do a crossword/Sudoku/word search/ colouring in
- Binge watch a must-see boxset/ film series
- Make a photo album of phone photos
- Gardening- mow the lawn, plant some flowers
- Start a blog
- Baking
- Learn a new recipe
- Learn how to knit/crochet
- Have a dance
- Exercise- home workouts, YouTube videos. Yoga
- Make a travel bucket list
- Learn a language- Duolingo and Babbel offer some languages for free
- Do some DIY- redecorate a room, fix something
- Call a friend or family member – video calls (Skype, Whatsapp, Facetime)
- Keep social online with free video apps- Zoom (allows up to 100 people on a call)
- Play a game- card games, board games, computer games or design your own.
- Learn to play an instrument



- Bird watch, create a bird feeder
- Make jams or preserve
- Have a home picnic
- Learn to give yourself/ someone a massage
- Sort through paperwork
- Research a topic of interest
- Have a digital detox- clear your email inbox, delete old files, update your passwords
- Do a jigsaw puzzle
- Sort through the pictures on your phone
- Learn a magic trick
- Listen to a podcast, radio show or audio book
- Arts and crafts
- Enter a competition
- Listen to music
- Create a home spa- face masks, bubble bath, candles
- Create a time capsule
- Design a magazine or newspaper
- Online shopping
- Spending time with pets- teach them a new trick
- Try a science experiment
- Look through old photographs/ home movies
- Write a letter to a family member/friend
- Find things to donate the charity (once it is safe)
- Create your own cinema – popcorn, blankets, make tickets
- Catch up with life admin- check insurance quotes, change your energy provider
- Take a virtual tour of a museum



Coping Calendar

This calendar can be used to help look after your mental wellbeing, as well as generating ideas for how to spend part of your day. Simply print it out and try your best to tick off each activity, every day.



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time					



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl





ACTION FOR HAPPINESS

www.actionforhappiness.org

5 things I'm Thankful for:

Whilst this may feel a little cheesy, this activity can be useful to help us remember what support we have around us and what is of most value within our lives. You could try creating another version, which focuses on 5 things you want to achieve today.



“What’s your plan today?” diary

This page can help you to create and write a plan for the day, so you continue to maintain structure as much as possible.

INSTRUCTIONS

We are social, productive, creative, and somewhat anxiety-prone creatures. For some, the idea of working from home and spending extra time with families is exciting, for others, it's daunting. We know that isolation and loss of routine and productivity are strong risk factors for depression. That's why it's essential to maintain a workable, values-oriented routine while at home.

1. Print a page for each family member daily
2. Make a plan each morning or the evening before
3. Reflect on how it went and adjust accordingly



ROUTINE

- Plan for healthy meals and snacks. Roaming through the kitchen and grabbing a handful of this or that while we are bored and less active will add up to low mood and weight gain over time.
- Time-blocking with intention. Consistent routines help avoid the what-do-I-feel-like-next vortex of phone scrolling and and feeling crummy about it.
- Alternate activity types, build in breaks with physical activity. A 5 min kitchen dance party to your favourite song while you wait for the kettle to boil, run up and down the stairs, put a few more pieces in the puzzle, chip away at the creative project you've been too time-strapped to get to.
- If you have kids at home, try to balance routines with tasks for yourself and tasks the kids need help with. Let them know when you'll be doing something together to reduce interruptions while in virtual meetings. Have a piece of paper you can post when you're in a virtual meeting that tells them you're not able to talk but offers somewhere to write a question.



PRODUCTIVITY TASKS

- Space for work, study, or household activities. What can I do today to feel productive?
- Don't have any work or study? This could be working on a home project you've been putting off, cleaning out a closet, reading, doing your family tree, planting veggie seedlings indoors in preparation for spring, sorting through the photos on your computer, painting the console table etc.
- Keep in mind we often need less time to do work tasks when we aren't commuting, talking to coworkers, and sitting in long meetings.
- Don't forget to check the tasks off as you go. Our brains get a happy dopamine rush when we check things off.



SELF CARE PLAN

- Physical: go for a walk, dance to your favourite song, run up and down the stairs. Your body must move.
- Social: Virtual coffee by phone or video with a friend, check in on loved ones, post good on social media.
- Restorative: Stretch, meditate, read, do yoga, have a bath. Do something to nurture your soul.
- Household: Boring self care. Make your bed, catch up on laundry, do some spring cleaning.
- In line with the value of ____: How are you living your most important values today?
- Blank: This is your wild-card. What do you need to do to feel well today?



GRATITUDE

Gratitude is proven to boost our physical and mental health. Build resilience and connection by noting what makes you grateful each day. .



NOTES

How did today work out?
How can you make your life better tomorrow?
How did you make the world better today?
What inspired you today?
Tasks you'd like to get to later.

What's your plan today?

DATE: _____



ROUTINE

☐☐

Breakfast:

☐☐☐

Lunch:

☐☐☐

Supper:

☐

PRODUCTIVITY TASKS

☐☐☐☐☐☐☐☐☐

SELF CARE PLAN

☐

Physical:

☐

Social:

☐

Restorative:

☐

Household:

☐

Living the value of:

☐

GRATITUDE



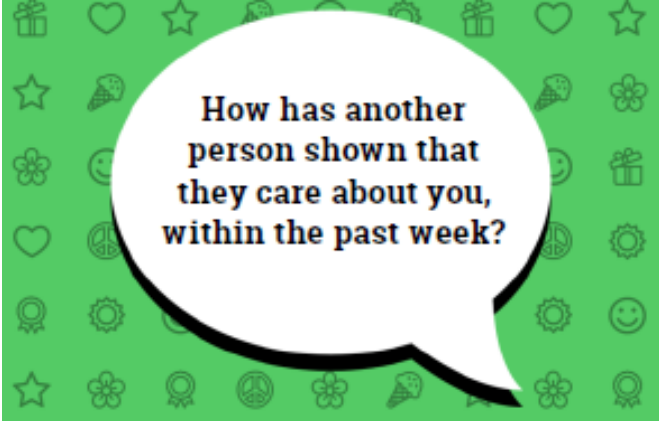
NOTES

WWW.BALANCEWORKS.ONLINE


Balance Works
Occupational Therapy & Coaching

Positive Psychology Prompt Cards


Use these cards to help you reflect on positive moments from the past week. Simply cut them out and leave in a pile somewhere in your house e.g. by the kettle, on a bedside table or by the phone. They can be used individually, over dinner or as part of a family game.




How has another person shown that they care about you, within the past week?




Share the story of something exciting that happened this past week.




Describe something fun you did today.




What was something nice you said in the past week?




Describe something that made you laugh in the past week.



Describe something you were thankful for today.



Describe a challenge you overcame in the past week.



Describe something that made you happy today.

Positive Psychology Prompt Cards

Describe something good that happened to you today.

Describe a personal strength you used today.

Describe something good you did for another person in the past week.

What was a nice thing someone said to you in the past week?

Describe a time when you were happy for someone else in the past week.

Describe something beautiful or interesting you saw in the past week.

Describe a moment when you felt calm, content, or relaxed today.

Describe a nice moment spent with family or friends in the past week.

Positive Psychology Prompt Cards

Describe something kind you saw another person do in the past week.

Describe something that made this past week special.

Describe something you did today that you can be proud of.

Share the story of something interesting that happened today.

Describe the best part of your day.

Describe how you made someone else's day better.

How have you shown someone that you care about them, within the past week?

Explain how someone has helped you in the past week.