

LEISURE BALANCE PTY LTD

Recreation Specialists/Community Access Planners

Specialising in sport, recreation and community access for people with disabilities.
www.leisurebalance.com.au

The world right now is kind of CRAZY right?

Maybe we are feeling a little anxious? Maybe a little scared? Maybe a little bored?

AND I WANT YOU TO KNOW IT IS ABSOLUTELY OK TO FEEL THIS WAY!

I am sure you have already been told that **ALL** of us need to practice social distancing and good hygiene. At the bottom of this document you can find detailed information about both these practices.

I am sure that your day to day activities have changed greatly and we are increasingly being told to spend more and more time at home...BUT...this does not mean we need to stop having fun!!!

Below is a list of activity ideas you may want to consider to have some fun, stay engaged and forget about happenings in the outside world (even just for a moment).

Activities to consider doing in and around your home...

- Play boardgames, cards, video games (if you have)
- Jigsaw puzzle, crosswords, word finders, sudoku
- Painting, drawing, model making
- iPad games (if you have one)
- Watch movies, TV, watch funny YouTube video's
- Lesson to music, karaoke, make dance routine (use tiktok)
- Learn and/or practice an instrument i.e. guitar, bongo's, harmonica etc. ???
- Attend to your garden, clean and declutter your home (what better time than now?)
- Try origami... google 'origami for beginners'
- Google and try an online meditation, mindfulness, yoga, fitness class (to your level)
- Undertake craft projects - available at Spotlight and Bunnings
- Undertake a mosaic project
- Cooking/baking
- Trivia
- I spy with my little eye...something beginning with..?
- Call a friend/family member
- Read and/or Listen to an audio book
- Write a short story and/or poem
- Write your own story – maybe about your life or a time in your life?
- Look at old photos of family, past holidays, when you were young
- It is still ok to go for a walk in your local park
- It is still ok to go for a drive somewhere if you're lucky enough to have access to a car

*Consider mixing it up and undertaking a variety of activities day to day

*In order to undertake these activities you might need to purchase certain products. Many of the suggestions above can be found at stores like Kmart, Reject Shop, Spotlight, Bunnings, thrift shops (good for cheap DVDs). These venues are also quite reasonably priced.

*If you are unable to go and purchase these things yourself maybe you can ask a family member, support worker or friend, maybe purchase online?

*If you require support to undertake some of these activities ask a family member, support worker, other resident or friend to assist you.

**These are only suggestions and ideas. Currently they are permitted and safe to do, please make your own decision with the associated risk in mind.*

TRY TO HAVE FUN AND BE SAFE EVERYONE!

What is social distancing?

Social Distancing includes:

- avoiding crowds and mass gatherings where it is difficult to keep the appropriate distance away from others
- avoiding small gatherings in enclosed spaces, for example family celebrations
- attempting to keep a distance of 1.5 metres between themselves and other people where possible, for example when they are out and about in public place.
- avoiding shaking hands, hugging, or kissing other people
- avoiding visiting vulnerable people, such as those in aged care facilities or hospitals, infants, or people with compromised immune systems due to illness or medical treatment.

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#2-1>

How can I protect myself / my family?

The best way to protect yourself is the same as you would against any respiratory infection. Practice good hygiene by:

- making sure to clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub
- cover your nose and mouth when coughing and sneezing with tissue or a flexed elbow
- avoid close contact with anyone with cold or flu-like symptoms.

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#2-1>

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