



One Day at a Time Activity Planner

One of the hardest adjustments during the pandemic, whether you are in isolation, lockdown, working from home, studying, living alone, caring for others, or otherwise, is the change to our regular routine. Gently introducing a daily routine that includes time for activities, connection, self-care and rest can help.

Caring for your Body

Try an online yoga/gym/dance class

Gently stretch for 5-10 mins

Go for a walk

Spend time in the sun (even if this is sitting at a window) and feel the warmth on your skin

Take some slow, deep, breaths

Go on a photography walk at sunset/sunrise

Ask a neighbour if you can take their dog for a walk

Download Pokémon Go and go catch them all (while social distancing)

Take screen breaks! Go outside, or look out at nature from your window when you can

REST!

Connecting with Others

Listen to a podcast on a topic you're interested in

Play an online board game with friends/family

Call someone you care about

Watch your favourite YouTubers

Start a book club

Listen to free audiobooks from your local library website and discuss with a friend

Find a pen pal

Join a volunteer agency

Create a funny video for a friend and get them to reciprocate

Create a mural of hope in your driveway or a picture for your window so that passers-by can view it



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Stimulate Your Mind

- Start a journal, blog or podcast
- Rip up old magazines or newspaper and make a collage
- Learn a new language online
- Write a trivia quiz for friends
- Start a DIY project
- Watch a documentary
- Create your own compost bin
- Teach yourself to code
- Create a succulent terrarium
- Start a jigsaw puzzle
- Listen to a new genre of music
- Paint a piece of furniture
- Play online chess
- Take a virtual tour of a museum
- Do a Sudoku or crossword
- Try knitting or crocheting
- Make a pandemic time capsule to open in 10 years

Treat Yourself!

- Have a bubble bath
- Make a cocktail
- Order your favourite meal to be delivered
- Cook a favourite meal
- Try a homemade facemask
- Plan a special activity you'd like to do in the future
- Light some candles, essential oils or incense
- Watch a movie or revisit a classic movie
- Order retro lollies from your childhood and embrace your inner child
- Practice meditation
- Set your dinner table nicely
- Congratulate yourself on getting through each day and acknowledge it's okay to be less productive

Try and choose one from each list every day!



One Day at a Time Activity Planner

	Morning	Afternoon	Evening
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			