

GREAT IDEAS TO KEEP YOUNG PEOPLE CONNECTED & ENTERTAINED DURING LOCKDOWN

We understand that stay at home orders & greater restrictions can lead to boredom, and even affect mental & physical health, so we've compiled a starting list of activities for young people to keep entertained, connected & healthy during a lockdown. For school students learning from home, these activities are useful during breaks, lunchtime & after school.

CONNECT SAFELY

Even though physical distancing is needed to keep yourself and others safe, it is more important than ever to find ways of connecting with others. Reach out to family and friends through text, phone and video calling. The Houseparty app is one fun game and social networking app to stay connected to during a lockdown.

www.houseparty.com.

GET CREATIVE WITH COOKING

This is a great time to learn how to cook healthy, nutritious meals to keep your immune system up. Ask a parent or other adult in your home to teach you a recipe, or get ideas from TV cooking shows.

Some examples to get you started include:

- www.kidspot.com.au/kitchen/recipes/collections/cooking-for-kids
- www.myfoodbook.com.au/events-seasons/kids-cooking

GET ARTY

- Make an animal or rock art or other craft idea at National Museum of Australia: www.nma.gov.au/learn/diy
- Learn Drama and Filmmaking at Shopfront Theatre online www.shopfront.org.au/enrol
- Draw or paint what you can see in your backyard, living room or find something online to draw.
 - Make a video or song on your phone.
- Pick up some new dance moves with workshops on YouTube or put your favourite song on and dance freestyle in your room!

LOOK AFTER YOUR MENTAL HEALTH

- Talk to a trusted adult about how you are feeling, a parent or other family member, or an online or phone counselling service (there are lots out there!)
 - Try an online meditation to relax your mind.
- headspace centre has great information to help you support your mental health during COVID-19 and an online webchat at www.headspace.org.au.
- The Kidshelpline webchat has a feature to talk with someone online at www.kidshelpline.com.au
- 2Connect Youth & Community offers a variety of services to help the mental health and wellbeing of young people during lockdowns: <https://2connect.org.au>

GET ACTIVE

It is still important to stay active even when you can't train with your usual sporting groups or go to the gym. Try to maintain an exercise schedule with the resources you have available. Do something you haven't done for a long time and make sure you spend some time outdoors. Example, you could make a handball court on your back porch, shoot some hoops at the old basketball ring at home, or find online activities like yoga or fitness workouts.

Check out these ideas:

- No Running Cardio: www.healthier.qld.gov.au/fitness/workouts/no-running-cardio
- Centr (Chris Hemsworth's exercise app/website) offers a 7 day free trial: www.centri.com
- [7Minute Workout app](#).

TAKE A VIRTUAL TOUR

- 30 Museum and Theme Park tours: www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours
- Wildlife & Nature: www.nps.gov/subjects/watchingwildlife
- Royal Botanic Gardens tours- explore plants, animals, science work www.rbgsyd.nsw.gov.au/Learn/Living-Learning/Virtual-Tours

CHECK OUT THE MEDITATION BUZZ

- Visit a beach or mountain in these meditations www.meditainment.com
- Smiling Mind has a meditation app for young people for both iPhone and Android and a YouTube channel www.youtube.com/SmilingMindTV