

# WITH ME IN MIND

## Low Mood

### Self-care and fun activities 101

Almost all these activities are for anyone and any age. They include activities you may have never tried before and activities you may have enjoyed when you were younger. They are designed to be simple and easy to try out. Take two coloured pens and use one colour to colour over the number of the activities you will definitely try out and the other colour to mark the activities you might try out.

#### Outdoor activities

1. Grow veg in the garden from old veg in you fridge or cupboard. You can make planters out of old juice or milk cartons.
2. Go camping in the garden.
3. Plan seeds and watch them grow.
4. Go for a walk to a local field, woodland, river or lake with a member of your household and find the strangest looking bug you see and spot a bird you have not seen before. You could take a photo of the bug and bird and see if you can find out what it is online.
5. Stargaze out of your window or in the garden.
6. Go for a walk and find the perfect stone or rock to take home and paint on to create a garden ornament.
7. Create a treasure hunt.
8. Make a time capsule and bury it in the garden.
9. Lay down outside and listen to the birds.
10. Watch the sunset.
11. Outdoor water painting.
12. Lay in the sun and cuddle, read a book, and/or talk.
13. Create an upbeat running playlist and join the Strava app to help stay motivated.
14. Explore the garden.
15. Go on a picnic in the garden.
16. Play the cloud game- what shapes are the clouds making?
17. Listen to music.
18. Play hide and seek or eye spy.
19. Put some water or leaves outside for the birds and hedgehogs.

#### Exercise activities

20. Go for a bike ride, skate or scooter.
21. Go for a walk .
22. Go jogging or running- couch to 5km app it a good support to do this.
23. Create an upbeat running playlist and join the Strava app to help stay motivated.
24. Do yoga, pilates and all kinds of exercise.
25. Play football in the garden.
26. Make a DIY basketball hoop from a hanger and string or a bin and shoot some hoops.
27. Skipping.
28. Practice gymnastics.
29. Play tag.
30. Do a Zumba video on You Tube.
31. Learn a martial arts routine from You Tube.