

WITH ME IN MIND

Low Mood

Indoor activities

1. Bake- find a good recipe online and make buns, cookies or cakes.
2. Get organised- This could be tidying a draw out, tidying your room or organising your photos on your phone. This could also involve organising your day or your week through planning how you want to spend your time. Top tip- set yourself small, achievable and realistic goals as this will help keep you motivated and show you are making progress. Share you progress with others as this will also help motivation.
3. Make your own wind charms- have a search online for ideas.
4. Make your own sundial for the garden.
5. Make a bird feeder or bird house.
6. Create sock bunnies or sock worms.
7. Make homemade playdough.
8. Research and create your family tree.
9. Catching up on sleep.
10. Chocolate or cheese fondue- melt chocolate and or cheese in a bowl and go dipping with snacks.
11. Read inspiring quotes and make a collage of them for your wall. Pick your top 7 and have a different one for each day of the week.
12. Do a puzzle.
13. Make a scrapbook.
14. Reorganise your room.
15. Build a fort and play a game or read a book inside it.
16. Take a nap.



Try a new skill

1. Learn a language- Duolingo is a great app and it's free.
2. Learn how to do a handstand
3. Learn a dance to a music video
4. Learn how to play an instrument such as the guitar
5. Learn a party trick.
6. Master something you found hard at school e.g. times tables, spellings or chemical equations.
7. Research something you are interested in e.g. music, culture, a country, a hobby, a famous person.