

Boredom Busting Part 1 – Easter Holidays

- Have a structure and routine, even in the holidays to keep up motivation and a sense of achievement.
- Exercise and be active daily, look at the Daily Challenges the PE department sent to you and the 9am PE with Joe Wicks is a great way to start your day (YouTube – PE with Joe or The Body Coach and you will be able to see a variety of workout videos).
- Encourage those around you to stay fit and healthy, create a fitness session for your family, it is always more fun working out with people or plan a video call with your friends, workout together virtually.
- Plan some quiet time, relaxing and downtime, for example read or play a board game.
- Try out a recipe you have never trialled before. You could send a finished picture to your friends or plan to do this at the same time and you could video call and show one another your recipes.
- Connect with people - call an elderly relative or someone you haven't spoken to in a long time.
- Keep a quarantine diary (You will read it in 30 years' time and it will be a fascinating historic document).
- Tidy an area of your room that always gets neglected.
- Ask if you can help with anything at home, remember this is difficult for everyone so offering help can really help to cheer people up.
- Make a travel plan for the future! Which country would you like to visit? Find out details about the country and the top places to visit and create a journey plan.
- Find out more about the language(s) you study. You can set yourself daily challenges on [duolingo.com](https://www.duolingo.com) (also works as an app on the phone) and research where in the world people speak that language and why it is so widely spoken.
- You can also look for singers of that language and find one you like and listen to their music. You could also look up documentaries or movies in that language.
- Write a letter to a friend or a relative and tell them why they are important to you.
- Search for a documentary about a topic that interests you.
- Learn a new skill for example, juggling, a song on your instrument, trick shots with a ball.
- Prepare a 5 minute presentation on something you really like (could be a book, a hobby, a person, anything) and present to your family and/or friends, either in your home or virtually via technology. This could be a family and/or friends task that everyone could get on board with.