

## Activities to keep you entertained in quarantine

### Acknowledgement

This resource has been directly adapted and copied from the resources:

Centre for National Resilience, Northern Territory Government, Top End Health Service, (n.d.)

- Keeping your mind and body healthy in isolation.

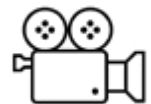
The Allied Health Team at Centre for National Resilience are acknowledged for the development of the original resource.



Below is a list of ideas to keep yourself, and Your family entertained and relaxed during your 2 weeks of quarantine.

See how many from the list below You are able to do/accomplish during your stay:

1. Complete a puzzle: the more pieces the better. If You are more of a words person, consider a crossword puzzle!
2. Start a journal or a blog. This can be about your time in the quarantine facility but it could also be focused on a specific interest from playing board games to cheese.
3. Text a friend you have not heard from in a while that you have wanted to chat with but have not had the time.
4. Write poetry. It can be a rhyme, a haiku or something without structure.
5. Create a shared playlist on Spotify and ask all the people you love to add a few songs for you to listen to in quiet moments.
6. Read or listen to a book you have always wanted to read but never had the time to.
7. Write actual letters to family and friends. Send them when you get out of quarantine or deliver it to them.
8. Write thank you notes to service people who you remember went out of their way for you. (This could be one of our staff members). The letter can be given once you finish quarantine.
9. Listen to an uplifting podcast.
10. Make a list of the annoying tasks you have to do in the next little while and try to schedule them e. g skin check, blood tests, combine your super accounts.
11. Do a “spring clean” of your computer. Clean out emails and back up any documents that you haven’t done in a while.
12. Make a list of all the museums, sporting events and concerts you want to visit when they finally reopen.
13. Unsubscribe from any email subscriptions you no longer want or need.
14. Attempt things with your non-dominant hand whether that be brushing your teeth or writing a note. Prepare to be frustrated.
15. Watch all the films that have won an Oscar for best picture.
16. Update your resume and CV so the next time you see a job listing that inspires you, you can be the first to apply.
17. Do a list of things you want to do when you get out of quarantine. Make sure you have what you will eat as well.
18. Use zoom, skype, FaceTime, Google Handouts or Marco Polo to video chat with long distance family and friends.
19. Don’t have a first aid kit? Order one online now.
20. Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year?



Write a short story about your experience in quarantine. It may be “fun” to read it again in a few years.

21. Watch your favourite TV series from start to finish again. There’s nothing wrong with that! If you want to feel less guilty and more productive, try watching it in another language.
22. Sing or dance (in the shower counts!)

23. Read your horoscope (for the day, month or even year).
24. Learn how to braid a fishtail or french braid via YouTube.
25. Interview your mum, dad or grandparents over the phone and save the audio. This will be so nice for memories.
26. Go through your camera roll, pick your favourite pics from the past year and make a photo book or order framed versions online.
27. Make a list of all the things you are grateful for.
28. Do a veranda picnic with your family or friends and invite others around you. Of-course they will need to sit on their own verandas
29. Arrange a zumba with your neighbours on your verandas.
30. Challenge your brain with agility games to keep your mind active and boost your cognition and memory.
31. On your laundry day, do lunges while walking to and from the laundry.
32. Learn calligraphy. You never know when this skill will come in handy.
33. Watch a funny YouTube video eg: talking cats, funnies home videos etc.
34. Take a virtual tour through some of the world's natural wonders on google earth, not just of natural landscapes but also museums, amusement rides and zoo enclosure tours.
35. Have a date night with your partner on your veranda.
36. As a couple or family, watch a movie together. Take turns to pick a movie.
37. Tell your partner or children something you love about them every day.
38. Create a tik-tok. If You're travelling in a group, include your partner or family.
39. PAINT OFF - order some markers, crayons, water colours or even random pens and challenge each other.
40. Do a fun cardio workout on your veranda to a Billy Ray Cyrus, Bon Jovi or Taylor Swift Song.
41. Watch the sunrise from your veranda.
42. See how many birds you can spot from your room.
43. Learn a new language by downloading Duolingo. Available for iOS and Android.
44. Play guessing games like I SPY, Hangman or 20 questions.



Learn a new skill such as chess, a card game, or Tai Chi.

45. Download an audiobook app and listen to an audiobook on your phone or tablet.
46. Reuse your lunch bags and learn the art of origami.
47. Learn about the Traditional owners of the land you are staying on.
48. Make up a series of knock knock jokes and tell them to the quarantine staff every day.