

While you are at home...

Finding things to do while you are at home might feel difficult, but here's a little guide that you might find helpful to get into a rhythm of living.

Everyday...

...do something for your **mind**

Stretching your mind can be fun! For example:

Listen to a podcast, watch a documentary, watch a TEDYouth talk, do a puzzle that makes your brain hurt, debate a difficult question with a friend (virtually of course), learn a new skill or language, read a book. Or maybe you could do some school work...!



...do something for your **body**

It's important to stay healthy physically. For example:

do some exercise for – go outside for a walk/bike ride, climb the stairs 20 times, play football in the garden, do an exercise class - there are plenty of free ones online. Do some meditation or relaxation exercises, this is a really good way of releasing tension from your body. Put some music on and dance. Play some silly games that involve moving around.



...do something for your **soul**

There are lots of things that you could do, for example:

Choose a gospel and challenge yourself to read it all by reading a chapter each day. Download an app that helps you to read the Bible each day, or a prayer app to help you to pray each day. Start a journal where each day you write down what you are thankful for, and what/who you are praying for. Watch an online worship service. Play some worship music and sing along. Go for a walk and thank God for all the beauty you see. Try and be silent with God for a few minutes every day – listen to what God may be saying to you.



...do something for **someone else**

Think about what you could do to help someone else, or just show them some kindness.

For example:

help out around the house – wash up, sort the recycling, tidy up. Message a friend to see how they are. Write a letter to someone you know who doesn't live near you. Say something encouraging to someone you live with.



You might find it helpful to journal about what you are doing, or keep a scrapbook of things you've done. Share ideas about podcasts, books, films, apps etc with others in your youth group.