

# Stay at Home

## *Activities & tips to get through the lockdown*

While the country is in lockdown and we are all being asked to stay at home, it can be hard to find things to do. This booklet has a few activities, tips and ideas. We hope it gives you some inspiration and helps you to keep busy during this tough time. Enjoy!

This booklet includes lots of links to websites. These are external sites and so Derventio cannot be held liable for any content or broken links. If you have a smartphone you can scan the QR codes to go straight to the website. The full web address is also provided for each link.



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People Really **Do** Matter

# Sudoku

The goal of sudoku is to fill in the numbers 1 - 9 exactly once in every row, column and 3x3 grid. Solutions on page 15.

	5						1	
7								
		6						9
3		9		5	2			7
2				8		1	3	
		5						
			1	9		8		
		7				9		6
	6				7	5	2	



More free sudoku  
puzzles at [sudoku.com](https://www.sudoku.com)

	2	4		1		8		
		5				9		6
3			4		6			
						2		5
							8	1
			3	8	9	4		
			1				5	
	9		5		4			
				3				

# Keep Fit at Home

You don't need an expensive gym membership to keep active. Here are some ways to shape up that will cost you (almost) nothing.

## Use the stairs

If you have stairs, climb a flight then go back down. Repeat, gradually building up the number that you do.

## Devise a routine

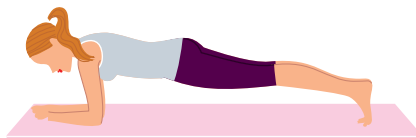
Play some lively music and create your own aerobic workout. You could dance, jog on the spot, do star jumps, skip or try a combination of these. Try to do ten minutes to start with and gradually increase the duration and intensity.



## Improvise with tins

A good way to tone and strengthen your arms and shoulders is to use tins of soup or baked beans as weights. Hold a tin in each palm, stretch out your arms to each side and move them in circles, keeping them straight. Do ten clockwise circles, then ten anti-clockwise.

(from [www.bhf.org.uk](http://www.bhf.org.uk))



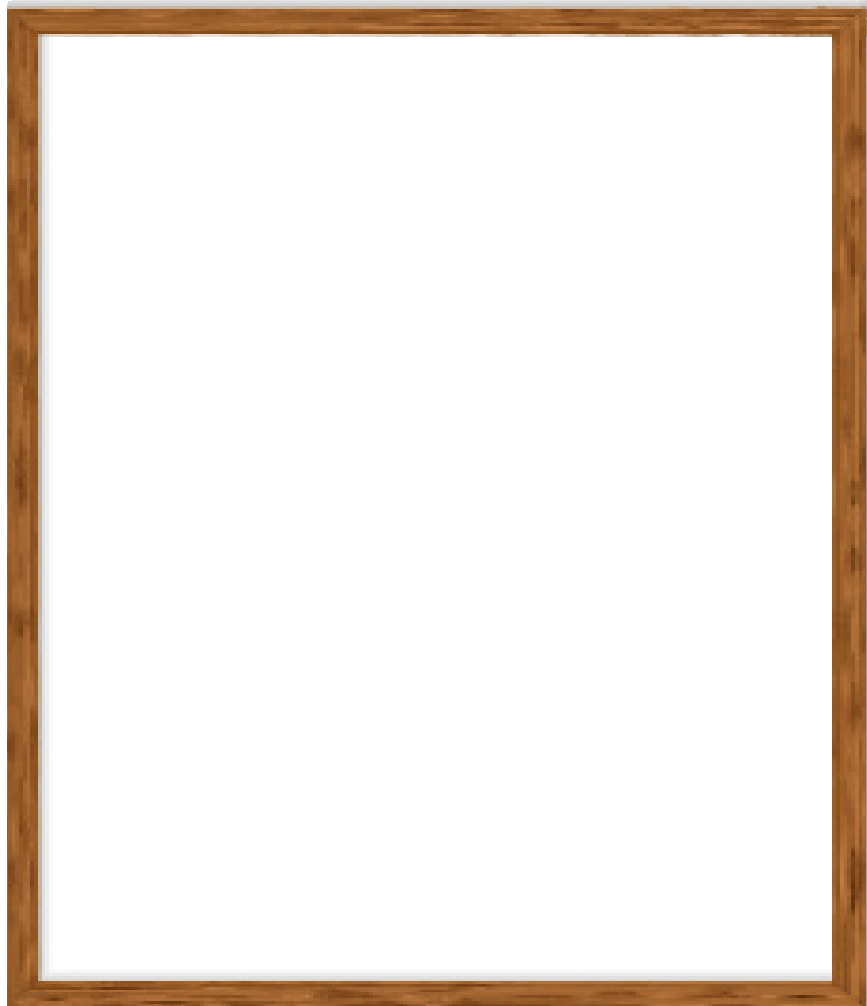
Tips on getting fit for free at  
[nhs.uk/live-well/exercise/free-fitness-ideas](https://nhs.uk/live-well/exercise/free-fitness-ideas)



# Doodle Activity



Draw a picture of something that makes you happy.



Projects and tips by artists at  
[instagram.com/isolationartschool](https://www.instagram.com/isolationartschool)



# Mindfulness Exercises

Here are a few exercises you could try.

## Mindful eating

This involves paying attention to the taste, sight and textures of what you eat. For example, when drinking a cup of tea or coffee you could focus on how hot and liquid it feels on your tongue, how sweet it tastes or watch the steam that it gives off.

## Mindful moving, walking or running

Notice the feeling of your body moving. You might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces, and the different smells that are around you.

## Body scan

This is where you move your attention slowly through different parts of the body, starting from the top of your head moving all the way down to the end of your toes. You could focus on feelings of warmth, tension, tingling or relaxation of different parts of your body.

(from [www.mind.org.uk](http://www.mind.org.uk))



More mindfulness  
exercises and tips at  
[mind.org.uk](http://mind.org.uk)



# Colouring Sheet

If you don't have colouring pencils, try different shades of grey.



Free colouring  
sheets at  
[justcolor.net](http://justcolor.net)



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# Wordsearch



Can you find all 13 out of this world words?

n	o	d	r	l	a	h	i	l	g	z	n	y	a
c	k	e	c	l	i	p	s	e	g	b	l	o	t
g	c	s	a	e	e	a	r	t	h	k	s	m	p
k	a	f	a	s	m	q	u	m	i	b	t	d	c
b	f	l	w	e	t	d	c	b	f	x	a	s	a
p	g	p	a	x	e	r	d	c	h	n	r	v	u
l	y	t	t	x	j	c	o	m	e	t	d	p	n
a	u	e	w	v	y	h	s	n	n	j	u	o	i
n	u	b	o	m	s	q	w	i	a	y	s	j	v
e	q	v	d	o	f	y	s	u	n	u	t	k	e
t	p	m	m	o	x	g	a	z	j	l	t	r	r
w	h	s	z	n	v	i	o	r	b	i	t	m	s
l	o	e	k	r	z	h	g	f	q	j	n	x	e
c	o	n	s	t	e	l	l	a	t	i	o	n	i

astronaut | comet | constellation | cosmos | earth | eclipse  
galaxy | moon | orbit | planet | stardust | sun | universe



More free wordsearches  
at [thewordsearch.com](http://thewordsearch.com)



# Enjoy the Outdoors

There are plenty of ways to enjoy the great outdoors while following the guidance on social distancing.

## Walking

The joy of walking can be felt anywhere - from a hike up the stairs, a jog on the balcony, a stroll in the garden, to a wander in a nearby park. Visit [ramblers.org.uk](https://ramblers.org.uk) for tips on walking during lockdown.

## Birdwatching



Spotting birds and watching what they get up to is an enjoyable way to connect with nature. There are tips and help to identify different birds at [rspb.org.uk](https://rspb.org.uk)

## Cycling

If you have a bicycle, cycling is an easy way to stay fit and active. Most cycle shops are still open for repairs and maintenance. For more visit [sustrans.org.uk](https://sustrans.org.uk)



## Running

The NHS Couch to 5k running plan is a great way to build up your stamina week by week. Search on [nhs.uk](https://nhs.uk)

## Gardening

Tidying, pruning and weeding your garden is a good way to get some gentle exercise and spend time outdoors.

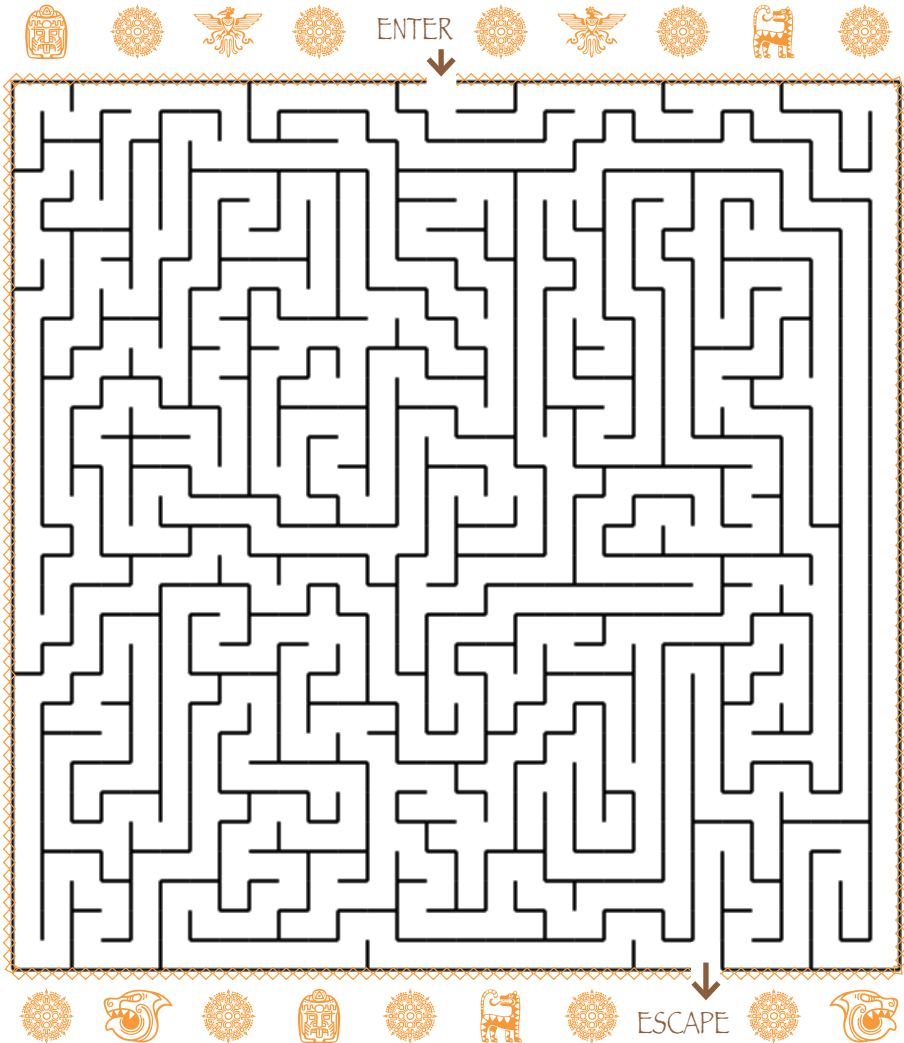
## Make a home for wildlife

Your garden, balcony or yard could be a haven for some local wildlife like bees, butterflies or hedgehogs. Get some tips at [wildlifetrusts.org/gardening](https://wildlifetrusts.org/gardening)





# Escape the Maze



Free mazes and puzzles at  
[freeprintablepuzzles.co.uk](http://freeprintablepuzzles.co.uk)

# Word Scramble

These words are all mixed up. Can you find all ten sports? Answers on page 15.

LGOF

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DAMNBTONI

---



OOFTLALB

---



HCYEOK

---

EBLNLAT

---



GNYSTCIAMS

---

IMWGISMN

---

IESNTN

---

ERCCKTI

---

AKSBLBAETL

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# Stay Safe Online

Here are a few tips to help you stay safe while enjoying the internet.

Choose, use and **protect your passwords** carefully, and use a different one for every online account in case one or more get hacked.

**Look after your mobile devices** . Don't leave them unattended in public places, and protect them with a PIN or passcode.

**Never reveal too much personal or financial information** in emails, on social networking and dating sites and in person. You never know who might see it, or use it.

Always consider that online or on the phone, **people aren't always who they claim to be**. Fake emails and phone calls are a favourite way for fraudsters to approach their victims.

**Never pay for anything by direct bank transfer** – including goods, services, tickets, travel and holidays – unless it's to someone you know personally and is reputable.

**Beware of scams**. Remember that if something seems too good to be true, it probably is.

(from [www.getsafeonline.org](http://www.getsafeonline.org))



More tips about online safety at [www.getsafeonline.org](http://www.getsafeonline.org)



# Stay at Home Bingo

Cross off everything you have done. Can you get a full house?



Have a chat with somebody	Play a game	Make up a new workout routine	Draw a picture
Follow a recipe	Go for a walk	Eat some fruit	Take 3 deep breaths
Finish a mindfulness exercise	Learn something new	Be kind to someone	Write down 10 things you are grateful for
Do something you enjoy	Tell a joke	Have a good night's sleep	Listen to your favourite song

# Wellbeing Tips

Taking care of your mind as well as your body is really important while staying at home.

The tips and advice here are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. Make sure you get further support if you feel you need it.

## **Talk about your worries**

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.

## **Do not stay glued to the news**

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone.

## **Think about your new daily routine**

Life is changing for a while and you are likely to see some disruption to your normal routine. Think about how you can adapt and create positive new routines and set yourself goals.

## **Look after your sleep**

Good-quality sleep makes a big difference to how we feel, so it's important to get enough. Try to maintain your regular sleeping pattern and stick to good sleep practices.

(from [www.nhs.uk/oneyou](https://www.nhs.uk/oneyou))

More tips about your mental wellbeing at [nhs.uk/oneyou](https://nhs.uk/oneyou)



# More Ideas

Here are a few more ideas of things you can do at home. Hopefully these suggestions will inspire you to spend your time doing something fun, creative or relaxing.

## **Cook something from scratch**

[cookingonabootstrap.com](http://cookingonabootstrap.com)

[bbcgoodfood.com](http://bbcgoodfood.com)

## **Go on a virtual museum tour or explore art up close**

[artsandculture.google.com](http://artsandculture.google.com)

## **Read a free ebook, magazine or audiobook from your library**

[gov.uk/local-library-services](http://gov.uk/local-library-services)

## **Learn a language for free**

[duolingo.com](http://duolingo.com)

## **Join in with live art and craft sessions**

[facebook.com/ArtcoreUK](http://facebook.com/ArtcoreUK)

## **Listen to free radio or podcasts**

[mytuner-radio.com](http://mytuner-radio.com)

## **Set up a photography studio at home**

[youtube.com/watch?v=xXOO-30bp7LQ](http://youtube.com/watch?v=xXOO-30bp7LQ)

## **Watch a free concert or DJ set**

[timeout.com/music/awesome-live-streaming-concerts-to-enjoy-from-home](http://timeout.com/music/awesome-live-streaming-concerts-to-enjoy-from-home)

## **Make music online**

[musiclab.chromeexperiments.com/Experiments](http://musiclab.chromeexperiments.com/Experiments)

## **Explore the surface of Mars on the Curiosity Rover**

[accessmars.withgoogle.com](http://accessmars.withgoogle.com)

## **Learn how to juggle**

[youtube.com/user/MatRicardo](http://youtube.com/user/MatRicardo)

## **Take a free yoga class**

[instagram.com/digmefitness](http://instagram.com/digmefitness)

## Sudoku Solutions

8	5	3	9	6	4	7	1	2
7	9	1	2	3	5	4	6	8
4	2	6	8	7	1	3	5	9
3	1	9	4	5	2	6	8	7
2	7	4	6	8	9	1	3	5
6	8	5	7	1	3	2	9	4
5	4	2	1	9	6	8	7	3
1	3	7	5	2	8	9	4	6
9	6	8	3	4	7	5	2	1

6	2	4	9	1	5	8	7	3
1	7	5	8	2	3	9	4	6
3	8	9	4	7	6	5	1	2
7	3	8	6	4	1	2	9	5
9	4	6	2	5	7	3	8	1
5	1	2	3	8	9	4	6	7
8	6	3	1	9	2	7	5	4
2	9	7	5	6	4	1	3	8
4	5	1	7	3	8	6	2	9

## Wordsearch Solution

n	o	d	r	l	a	h	i	l	g	z	n	y	a
c	k	e	c	l	i	p	s	e	g	b	l	o	t
g	c	s	a	e	e	a	r	t	h	k	s	m	p
k	a	f	a	s	m	q	u	m	i	b	t	d	c
b	f	l	w	e	t	d	c	b	f	x	a	s	a
p	g	p	a	x	e	r	d	c	h	n	r	v	u
l	y	t	t	x	j	c	o	m	e	t	d	p	n
a	u	e	w	v	y	h	s	n	n	j	u	o	i
n	u	b	o	m	s	q	w	i	a	y	s	j	v
e	q	v	d	o	f	y	s	u	n	u	t	k	e
t	p	m	m	o	x	g	a	z	j	l	t	r	r
w	h	s	z	n	v	i	o	r	b	i	t	m	s
l	o	e	k	r	z	h	g	f	q	j	n	x	e
c	o	n	s	t	e	l	a	t	i	o	n	i	

## Word Scramble Answers

GOLF | BADMINTON | FOOTBALL | HOCKEY | NETBALL  
GYMNASTICS | SWIMMING | TENNIS | CRICKET | BASKETBALL

# Contact Us

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## Derventio

People Really **Do** Matter

Derventio Housing Trust is a registered social landlord providing accommodation and support to people facing homelessness. Through housing and specialist projects we support people facing difficult circumstances to improve their health and wellbeing, increase resilience and prepare for independent living, learning and employment.



[www.derventiohousing.com](http://www.derventiohousing.com)

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