

## Activity worksheets for adults: Version 2

- Facetime family & friends
- Volunteer in your local community or online
- Watch a new TV series
- Do some DIY
- Learn a new skill or language
- Start writing or drawing
- Bake something
- Teach your pet some tricks
- Build a fort
- Make your own soap
- Pamper yourself
- Re-arrange and declutter your space
- Try a new makeup or hair look
- Make new playlists
- Start journaling
- Design your own workout
- Have a virtual tea party
- Organise your computer
- Clean your makeup and brushes
- Organise your wardrobe
- Create a budget
- Write out a happy list
- Set some new goals
- Organise your social media then detox from it
- Do a puzzle or board game
- Join online communities
- Create vision boards
- Study and new place
- Update your CV
- Start a scrapbook