**Indoor Daily Activity Ideas**

**Something for the Soul**

* Read
* Meditate/Relaxation
* Creative Writing
* Poetry
* Create Art
* Listen to Music
* Slow Courtyard Walk

**Something for the Brain**

* Education session
* E-Learning
* Research topic of interest
* Word Games/Puzzles
* Quiz
* Watch a Documentary

**Something for the Body**

* Gym session
* Play sports
* Self-Care
* Walk around courtyard
* Yoga
* On-Ward exercise sheets

**Something Productive**

* Tidy Bedroom
* Do Laundry
* Personal Care
* Create Goals and Plans for the Future
* Therapeutic Earnings job within STAH

**Something for the Heart**

* Hobbies
* Socialise (maintaining distance)
* Bake or Cook
* Create Art
* Contact Family or Friends

**Something Fun**

* Films/TV
* Video Games
* Board Games
* Play sport
* Listen to Music/Karaoke
* Card Games
* IT