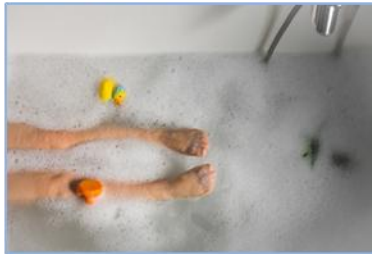


# Treats for you to enjoy while you are at home



# Treats for you to enjoy while you are at home

In these documents you will find 4 weeks of ideas about how you can treat yourself while we are in self-isolation

## Week 3



1. Add herb seeds to your shopping list and grow herbs in your window or garden



2. If you have a garden, feed the birds



3. Listen to some relaxing music



4. Write a letter to friends or family, post it next time you have to go shopping



5. Write a story or start to trace your family tree

# Treats for you to enjoy while you are at home

## Week 3



6. Sit in silence and meditate. We will put some meditations on the Speakup website in the Peaceful Minds section



7. Sort out your wardrobe and get things organised



8. Change your exercise routine



9. Add biscuits to your shopping list; dunk them in a hot drink



10. Chat to your family and friends on Skype or FaceTime