

Treats for you to enjoy while you are at home



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

Week 2



1. Sing! It doesn't matter if you're not in tune. Or you could join something like "Sofa Singers"



2. Work on a daily exercise routine



3. Listen to some different types of music, explore different genres



4. Chat with a friend, either on the phone or through social media ... Facebook, WhatsApp or Zoom



5. Play dominoes with the people you live with

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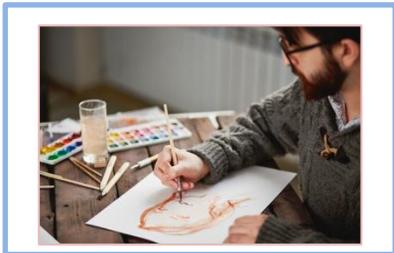
Week 2



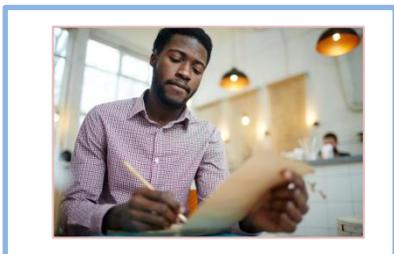
6. Play cards, you can play "Patience" on your own.



7. Play chess with the people you live with



8. Sketch, paint or draw



9. Do a crossword



10. Do a jigsaw on your own or with the people you live with