



## WELLBEING AND HEALTH WHILST AT HOME

Below are some useful resources for wellbeing, health and fun whilst you are at home.

### HEALTH AND FITNESS

- Yoga - <https://www.youtube.com/user/yogawithadriene>
- General fitness - PE with Joe (<https://www.youtube.com/user/thebodycoach1>)
- Dance – Seen on Screen <https://www.seenonscreen.dance/> & <https://www.youtube.com/user/SoSdancelife>
- Some more dance - <https://305fitness.com/join-the-movement>
- Top athlete Matt Whitlock MBE workouts - <https://twitter.com/maxwhitlock>

### MENTAL HEALTH

- Mental Health charity Mind's guide to your wellbeing - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Learn how astronauts deal with isolation - <https://homenauts.com/>
- NHS Oxford's guide to your mental health and wellbeing during the Coronavirus - <https://www.oxfordhealth.nhs.uk/news/coronavirus-and-your-mental-wellbeing/>
- Five reasons to be hopeful! - <https://www.bbc.co.uk/news/world-52068233>
- BBC's guide on how to protect your mental health - <https://www.bbc.co.uk/news/health-51873799>

### MINDFULNESS AND MEDITATION

- Headspace App
- Calm App
- Mindfulness – Keeping calm during difficulties [https://www.youtube.com/watch?v=L8TmL6l\\_Wd8](https://www.youtube.com/watch?v=L8TmL6l_Wd8)
- Mindfulness exercise - [https://it.pearson.com/content/dam/region-core/italy/pearson-italy/pdf/Docenti/breath\\_and\\_body.mp3](https://it.pearson.com/content/dam/region-core/italy/pearson-italy/pdf/Docenti/breath_and_body.mp3)
- 'Happiness' App – Self Awareness and goals
- White noise to help you relax/sleep and to drown out unwanted noise - <https://www.youtube.com/watch?v=C5Gm8UvxKIU>

### LEARNING

- From Oxford University - <https://www.conted.ox.ac.uk/about/curious-minds>
- Learn a new language! - <https://www.duolingo.com/>
- A range of resources for health, culture, course and learning and mental health - <https://www.oxford.gov.uk/activityhub>
- Learn a new skill - <https://www.skillshare.com/>
- Learn a new fun skill! such as how to tie a tie or how to survive a shark attack! - <https://www.mentalfloss.com/article/572087/learn-skills-on-youtube>
- 'Fabulous' App – good for working from home routine

FUN

- Games and puzzles - <https://explorabl.es/> & <https://explorabl.es/social/>
- Online board games - <https://tabletopia.com>
- Nonograms App – mathematical brain teasers
- Lego Challenge!

Ready for a **LEGO** Challenge

30 Day <b>LEGO</b> Challenge						
Follow the instructions for each day. The only rule is to have fun and use your imagination!						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to build a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.
Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31
The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.
Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile		What was your favorite day?

## 10 TOP TIPS FOR WELLBEING FROM OIC

1. **Staying active:** Try choosing 2 exercises a day that concentrate on different parts of the body and doing those exercise every time you get up for a drink or to go to the bathroom. Eg, Day 1: start with 5 squats and 10 star jumps and then maybe add more each time.
2. **Take care of your body:** remember to eat healthy and well-balanced meals and get plenty of sleep
3. **Take care of your mind:** exercise your mind like your body by studying and doing brain stimulating activities. Also stimulate it in creative ways. Most of all though, remember to look after your mental health and stay connected to people. If you are struggling then reach out to a member of staff you trust or look at some of the resources on this page.
4. **Make time to relax.** Try to do some activities you enjoyed in your normal life. Take breaks from studying and working. Take breaks from looking at a screen! Very few people are being as productive as they normally are, don't feel guilty about having lazy days and forgive yourself if you have an unproductive day.
5. **Connect with others.** Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
6. **Staying silly:** I think it's too easy when you are on your own not to laugh as much so put on your favourite songs and either sing (really badly and really loudly) to them or have a good old dance.
7. **Switching off from tech:** It would be too easy to stay glued to TV, social media and the internet in general. Try limiting 'news' time specifically to once a day so you are not consumed by current events. But also take time away from tech altogether, try reading, colouring, drawing, cooking, looking out of your window at the birds, and write time to do these things into your schedule.
8. **Writing:** keeping a journal is really helpful. It stops thoughts and anxiety running wild by having to order your thoughts to put them on the page. It's also helpful to look back and see how these fears come and go.
9. **Don't spend all you time reading the news!:** Avoid excessive exposure to media coverage of COVID-19.
10. **Maintain positive thinking:** Like everything, this will end. You have an amazing future ahead of you and you are awesome!

**SOME FUN IDEAS FOR THINGS TO DO IN YOUR SPARE TIME!**

1. Complete a puzzle
2. Start a journal or blog.
3. Dust off that old instrument and practice.
4. Message your friends who might be struggling
5. Write poetry.
6. Watch all the really long movies you've avoided until now.
7. Download Duolingo, or a similar app, and teach yourself a foreign language.
8. Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting cross-legged and repeat a soothing word to yourself in your head.
9. Face masks, moisturizer! Treat yourself to a 10-step skin care routine you don't have time for during a normal week.
10. Look at pictures of puppies.
11. Write actual letters to family and friends.
12. Learn calligraphy. YouTube can help.
13. Finally read the rules to those long and intense board games you've never played with the family. Encourage the family to play.
14. Put on a TV Show. Mute the sound. Create your own dialogue.
15. Try on all your clothes and determine whether they "spark joy" à la Marie Kondo.
16. Bake!
17. Read all the back issues of the Economist piled on your desk.
18. Knit or crochet.
19. Use Skype, FaceTime, Google Hangouts or Marco Polo to video chat with your long-distance friends.
20. Try out at-home aerobics or yoga videos. Consider downloading a fitness app with curated workout playlists.
21. Look at yourself in the mirror. Attempt a self-portrait with pencil and paper.
22. Take a bubble bath
23. Colouring books: They're not just for kids.
24. Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year?
25. Write a short story or get started on that novel.

26. Actually try to reproduce something you see on Pinterest. Probably fail. Try again.
27. Pretend you're 13 years old and fold a square piece of paper into a fortune teller you put your thumbs and pointer fingers into. Proceed to tell fortunes.
28. Learn how to braid (fishtail, French, etc.) via YouTube tutorial.
29. Interview your grandparents (over the phone, of course) and save the audio. Can you create an audio story or book with that file?
30. Go through your camera roll, pick your favourite pics from the past year and make a photo book or order framed versions online.
31. Go on a health kick and learn how to cook new recipes with ingredients you may not be using already, from miso to tahini.
32. Create a Google document of shows or movies you're watching and share it among family and friends.
33. Make a list of things for which you are grateful.
34. Indoor scavenger hunt.
35. Dye your hair a new colour. No one else needs to see it if you don't like it.
36. Write a play starring your loved ones. Perform it via a video call app.
37. Make lists of all the museums, sporting events and concerts you want to visit when they finally reopen.
38. Get into comics with digital subscriptions on your tablet, like Marvel Unlimited.
39. Rearrange your furniture to make it seem like your room is a totally different space.
40. Practice shuffling playing cards like a Poker dealer.
41. Memorize the periodic table. You never know when that will come in handy.
42. Learn a new style of dance via YouTube, from belly dancing to breaking.
43. Bring out the Legos. Build your house inside of your house.
44. Watch the "Star Wars" movies in this and only this order: Rogue One-IV-V-II-III-Solo-VI-VII-VIII-IX.
45. Two words: Coronavirus beard! Grow it, moisturize it, comb it, love it.
46. Attempt things with your non-dominant hand, from writing to brushing your teeth. Prepare to be frustrated.
47. How many words per minute can you type? See if you can get speedier by taking a typing course.
48. Learn origami. Make cranes for your loved ones.
49. Stretch. Work on your flexibility. It's possible to get the splits back, right?

50. Talk to your plants. How are they doing? Make sure they are getting the amount of sunlight they should be. Check their soil. Water if necessary.
51. Deep condition your hair and put paraffin wax on your hands. Enjoy your soft hair and nails.
52. Consider donating money to food banks to help families struggling to get meals.
53. Write a song.
54. Study the art of beatboxing.
55. Try moving in super-slow motion. It's OK to laugh at regular speed.
56. You know how there are dozens of ways to wear a scarf, but you only wear it the one way? Learn the other ways.
57. Learn Old English words. Pepper them into your conversation. Wherefore not?
58. Take deep breaths, in through your nose and out through your mouth.
59. Sleep. Get lots of it and look after yourself!

\*'Fun ideas' taken from the following source (30/03/20): <https://eu.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>