**Ideas for things to do during social isolation based on the Five Ways to Wellbeing model**

It can feel strange asking people how their weekend was and what plans they have for the weekend and even evenings after work when we’re all social distancing and pretty much nothing is open. To help give you some inspiration if you’re feeling stuck and bored – I’ve put together a list of things which you could try out, based on the evidence based Five Ways to Wellbeing Model.

TimeOut, a magazine that has guides of things to do in millions of locations – has changed its name to TimeIn reflecting the covid-19 circumstances. They have a comprehensive range of ideas of things to do in the social distancing environment – you can read [latest edition](https://digitalarchive.timeout.com/Europe/UK/London/2020/March/TO_London_2573/DVL/reader.html) here, where they also chat to Sir David Attenborough about the future of humanity.

1. [**Connect**](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/connect-for-mental-wellbeing.aspx)**: with people around you**

* Here are [9 ways to stay connected during social distancing](https://www.success.com/9-ways-to-stay-connected-during-social-distancing/).
* Wired UK have put together a list of the best [group chat and video conferencing software](https://www.wired.co.uk/article/best-video-conference-apps).
* Here’s a list of the [best board games of 2020 for families and adults](https://www.expertreviews.co.uk/games/1405793/best-board-games-our-pick-of-the-best-board-card-games-for-players-aged-8-to-80).
* The **Evening Standard** has a section on [things to do with kids](https://www.standard.co.uk/go/london/attractions/things-to-do-keep-kids-entertained-at-home-a4394766.html).
* Reach out to friends, family members and loved ones who you haven’t spoken to for a while and neighbours, particularly those who may be in a vulnerable position.

1. [**Be active**](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-benefits-of-exercise.aspx)**: discover a physical activity you enjoy and suits you**

* TimeIn have put together a guide on the [best **online fitness classes**](https://www.timeout.com/london/sport-and-fitness/the-best-online-fitness-classes) – including core classes, disco barre, yoga and pilates.
* Personal trainer Joe Wicks, aka The Body Coach, is [live streaming daily PE lessons for kids and families](https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl).
* The **NHS website** has a list of [free fitness ideas](https://www.nhs.uk/live-well/exercise/free-fitness-ideas/).
* The **World Health Organisation** have a page on [ways to stay physically active](http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine) during the coronavirus outbreak

1. [**Keeping learning**](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/learn-for-mental-wellbeing.aspx)**: learning and trying new things will make you more confident and it's fun**

**Online courses**

* Lifehack has put together a list of [25 sites for free online education](https://www.lifehack.org/articles/money/25-killer-sites-for-free-online-education.html) – including from some of the world’s top universities and [TED Ed](https://ed.ted.com/daily_newsletter), from the same company that founded TED Talks.
* Digital learning platform **Future Learn** is owned by The Open University and The SEEK Group – they have a range of courses **from** [Antiquities Trafficking and Art Crime](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.futurelearn.com%2Fcourses%2Fart-crime&data=02%7C01%7Clouise.sun%40beis.gov.uk%7Cb98d9876617a4753eff608d7d0c32ace%7Ccbac700502c143ebb497e6492d1b2dd8%7C0%7C0%7C637207408985382758&sdata=2lZGUJjpGw7MfgZFx5FQ2h6H7gYmJv5GZhCI6G5Ulqo%3D&reserved=0) **to** [Atmospheric Chemistry: Planets and Life Beyond Earth](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.futurelearn.com%2Fcourses%2Fatmospheric-chemistry-planets-and-life-beyond-earth&data=02%7C01%7Clouise.sun%40beis.gov.uk%7Cb98d9876617a4753eff608d7d0c32ace%7Ccbac700502c143ebb497e6492d1b2dd8%7C0%7C0%7C637207408985392751&sdata=MIqZDLEzePn%2B305m1xghVgd8bEe3MzJMA86k8vEcVjY%3D&reserved=0) to [How to Write Your First Song](https://www.futurelearn.com/courses/songwriting) to [Challenge Wealth and Income Inequality](https://www.futurelearn.com/courses/inequalities-in-personal-finance) to [Artificial Intelligence: Distinguishing Between Fact and Fiction](https://www.futurelearn.com/courses/artificial-intelligence-fact-fiction) to [Introduction to Intercultural Studies: The Branding of Culture](https://www.futurelearn.com/courses/intercultural-studies-branding-culture).

**Culture**

* Try out any of the [25 **feel-good films** on **Netflix**](https://www.timeout.com/london/film/the-25-best-feelgood-movies-on-netflix) and [**30 of the best films on Amazon Prime**](https://www.timeout.com/london/film/best-movies-on-amazon-prime-video)
* The newly launched **Disney+** isn’t just about Avengers and Anakin Skywalker. There’s plenty of well-loved classics but also some buried treasures, a fair stack of proper oddities – here’s a [guide to some of the best on the streaming service](https://www.timeout.com/london/film/the-best-movies-on-disney).
* [Salon London is launching a new **live-streamed book club**](https://www.timeout.com/london/things-to-do/salon-london-book-club-live), where writer Helen Bagnall will host a live interview with the authors for 20 minutes, followed byl Q&A where everyone tuning in can submit questions.
* [**The Guardian’s reading group**](https://www.theguardian.com/books/series/reading-group) puts a theme or author to a public vote and settle on a book chosen by voters.
* TimeIn have a list of the [**best books to read right now**](https://www.timeout.com/london/things-to-do/the-best-books-to-read-right-now)**.**
* **[Digital Theatre](https://www.digitaltheatre.com/consumer/about-us)** is a live theatre production streaming service, where you can watch plays from around the world anytime, anywhere.
* The [**National Theatre** is going to stream a free play every Thursday night](https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?UID=25af156a-790f-4a12-b448-dd5dbffc2c64&tmsb=jti3hil&tmsl=gb-lon-en-cta-new&tmty=e&tmcv=313&tmcs=3r8pxup&cid=email--NEWSLETTER--EMEA_GB_LON_EN_NEWSLETTER_20200401--185884--3/31/2020&subsid=25984--60--5449079)
* The [Globe Theatre has a streaming service](https://www.shakespearesglobe.com/watch/) where you can watch **Shakespeare** on demand.
* Local BBC radio stations have joined with manufacturers and retailers to set aside thousands of **DAB digital radios** to be given away for **free to vulnerable people aged over 70**. From Monday 30 March, the charity Wavelength is inviting people to nominate someone for a free radio by completing an online application form at [wavelength.org.uk](https://wavelength.org.uk/).
* The **Royal Opera House** are streaming [opera and ballet for free](https://www.timeout.com/london/news/the-royal-opera-house-will-stream-opera-and-ballet-for-free-during-the-coronavirus-outbreak-032020) during the coronavirus outbreak
* London’s home of dance, [**Sadler’s Wells**, is streaming shows and workshops for free](https://www.timeout.com/london/news/londons-home-of-dance-sadlers-wells-is-streaming-shows-and-workshops-for-free-032420?UID=25af156a-790f-4a12-b448-dd5dbffc2c64&tmsb=ric9w4n&tmrl=tb7y5&tmsl=editorial-generic-1&tmty=e&tmcv=358&tmcs=87vtn0p&cid=email--NEWSLETTER--EMEA_GB_LON_EN_NEWSLETTER_20200326--184564--3/26/2020&subsid=25834--52--5449079).
* Wired UK have put together [**33 of the best podcasts in tech, culture, politics and more**](https://www.wired.co.uk/article/best-podcasts)
* **Specific wellbeing related podcasts relevant to the current environment include:**
* The [How to Fail with Elizabeth Day series](https://howtofail.podbean.com/) that celebrates the things that haven’t gone right – every week, a new interviewee explores what their failures taught them about how to succeed better. This week she interviews chief business officer at Google X Mo Gawdat, author of book [Solve for Happy](https://www.solveforhappy.com/), who talks about how to manage anxiety during the coronavirus outbreak.
* The founders of [Deliciously Ella](https://deliciouslyella.com/) have their own [podcast series](https://podcasts.apple.com/za/podcast/deliciously-ella/id1428704212), which aims to provide inspiring, open, honest conversation around mental and physical health. This week they interview neuroscientist Dr Tara Swart in the episode [Reframing Our Thinking: How to Believe Good Things Can Happen](https://player.fm/series/deliciously-ella/reframing-our-thinking-how-to-believe-good-things-can-happen).

**Music**

* If you’re lucky enough to own and**play an instrument** – now’s the time to really tackle those tricky pieces and/or a whole heap of new ones! You could also buy your own and learn from scratch (or **sing**).
* British choirmaster, composer and TV presenter, [Gareth Malone](https://www.classicfm.com/artists/gareth-malone/), has launched an ‘[at home’ digital choir](https://decca.com/greatbritishhomechorus/) to boost the nation’s morale during coronavirus self-isolation.
* You could writing your own song, following in the footsteps of a family from Kent have created their own [lockdown-themed adaptation of a Les Misérables song](https://www.theguardian.com/world/video/2020/mar/31/kent-family-coronavirus-lockdown-adaptation-les-miserables-song-goes-viral-video) and have become an online sensation.
* Guitar maker **Fender** is offering [three months of free guitar lessons online](https://try.fender.com/play/playthrough/?utm_source=bouncex&utm_medium=popup&utm_campaign=PlayThrough_BXPopup&utm_term=fender&src=emaill00DTplaypopup), in guitar, bass or even ukulele – with high-resolution videos, real teachers and you can track your progress online. You can follow along to videos or practise at your own pace, with adjustable scrolling tablature and a metronome.

**Languages**

* [Duolingo](https://www.duolingo.com/) is the most popular language-learning platform and designed to feel like a game – aiming to make learning languages fun, free and accessible for all. s
* [BEIS and the Civil Service also has a range of opportunities](https://beisgov.sharepoint.com/sites/TradeAndEuropeHub/SitePages/Languages.aspx) where you can learn new languages and interact with other learners.

**Arts and crafts**

* The [**Great Create**](https://www.princes-trust.org.uk/support-our-work/events/the-great-create), a new fundraising campaign involving Fearne Cotton where you can try a **range of craft activities** – from upcycling T-shirts to painting plant pots. All their packs explain how to easily turn household items into something completely new. There loads of also tips for how to connect friends and family online if they can't be there in person.
* You can also try something from YouTube[**The Crafts Channel on YouTube**](https://www.youtube.com/user/TheCraftsChannel)**.**
* The [Stay Creative Painting with Ryan O'Rourke](https://www.youtube.com/channel/UC6myJpft4zunOqNyfFhDzkA) has **acrylic painting tutorials** for all levels – include 10-minute guides.
* Artist Jon Harris also has a [drawing and design YouTube channel](https://www.youtube.com/user/TattooWoo/playlists).
* [Kana London](https://www.kanalondon.com/kana-stay-home-clay-club), known for its rustic, hand-shaped ceramics, is launching an **online pottery course**. The Stay Home Kana Clay Club has two elements – ordering [clay kit](https://www.kanalondon.com/kana-stay-home-clay-club/stay-home-kana-clay-club-hgkpn-9lk72) (3kg of clay and tools for £35) and series of online masterclasses. Then when London’s back in business, you can take your creations to Kana to get them fired in the kiln.

**Cooking**

* **BBC Good Food** have a collection of [39 store cupboard recipes](https://www.bbcgoodfood.com/recipes/collection/storecupboard).
* **Delicious Magazine** have a collection of [5-ingredient recipes](https://www.deliciousmagazine.co.uk/5-meals-require-5-ingredients/) and [flourless baking recipes](https://www.deliciousmagazine.co.uk/collections/flourless-baking-recipes/).
* **Jack Monroe**, British food writer, journalist and activist known for campaigning on poverty issues has a great [**website on budget recipes and tips**](https://cookingonabootstrap.com/), including a whole section on vegan recipes.
* Fast-food chain with a focus on eating well and living well **Leon** have live cookalongs using storecupboard stables every Tuesday and Friday at 12.30pm on their [Instagram](http://click.love.leon.co/eml/do/myview.html?uid=08f67432d5aa2dc4afd0d886d72c62b8&gid=428f03b232154e55a3b0df94acb27d50&cid=23943270&email=louise.sun.28%2540gmail.com&efid=5541321&realURL=https%3A%2F%2Fwww.instagram.com%2Fleonrestaurants%2F%3Fhl%3Den%26utm_source%3DAirship%26utm_medium%3DEmail%26utm_campaign%3DFortnightly%2520Friday%2520Fix) channel.
* [**Bread Ahead**](https://www.timeout.com/london/restaurants/bread-ahead-soho), the bakery school and shop in Borough Market, have [free online tutorials](https://www.timeout.com/london/news/london-bakery-bread-ahead-is-hosting-live-baking-tutorials-on-instagram-031820).
* London’s iconic **Borough Market** is streaming live cooking demonstrations using store cupboard staples. Tune in via [their Instagram account](https://www.instagram.com/boroughmarket/).

**Gardening**

* The [Royal Horticultural Society](https://www.rhs.org.uk/) has a comprehensive guide to gardening.
* The [BBC Gardening](http://www.bbc.co.uk/gardening/gardening_guides/) website has a range of guides for all levels.

1. [**Give**](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/give-for-mental-wellbeing.aspx): **seeing yourself and your happiness linked to the wider community can be incredibly rewarding**

* The Guardian has an [article on covid-19 related volunteering opportunities and ways you can help your community](https://www.theguardian.com/society/2020/mar/27/coronavirus-and-volunteering-how-can-i-help-in-the-uk).
* The Gov.UK page also has a list of [other volunteering websites](https://www.gov.uk/government/get-involved/take-part/volunteer) and database – opportunities include helping children and young people, the elderly, homeless and the environment.
* BEIS also has a [Volunteering Network](https://beisgov.sharepoint.com/sites/groupsnetworks/SitePages/Volunteering-Network.aspx).
* Curious to know how the [Clap for Carers](https://clapforourcarers.co.uk/) campaign started? You can [read an interview with the Londoner who started this here](https://www.timeout.com/london/news/lockdown-legend-the-londoner-who-started-the-clap-for-our-carers-campaign-for-the-nhs-032720?cid=email--NEWSLETTER--EMEA_GB_LON_EN_NEWSLETTER_20200401--185884--3/31/2020&subsid=25984--60--5449079).

1. [**Take notice**](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness.aspx): **be aware of the world around you and what you're feeling**

* **Headspace** has a guide on a [**mindful approach to helping your team through the current global crisis**](https://www.headspace.com/work/mindful-approach-to-covid-19)
* **Mindful** magazine have a list of [free mindfulness resources](https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/) to help guide you through the covid-19 outbreak.
* TimeIn have a list of [8 meditation apps](https://www.timeout.com/london/health-and-beauty/8-best-meditation-apps-to-help-you-calm-the-f-k-down) to help de-stress. They are also offering [interactive online meditation sessions](https://checkout.timeout.com/london/50-off-live-online-meditation-classes-with-julie-smith-from-nature-meditations-59059/?UID=25af156a-790f-4a12-b448-dd5dbffc2c64&tmsb=dwu0nu8&tmrl=beuzw&tmsl=emea-gb-lon-en-offers-top-five-1&tmty=e&tmcv=213&tmcs=76gjsjm&cid=email--OFFERS--EMEA_GB_LON_EN_OFFERS_20200327--184532--3/27/2020&subsid=25820--49--5449079) for £10. These classes will teach you about the benefits of meditation, the proper techniques and obstacles you might face. You’ll be guided through a meditation, learn a quick method to bring calm at any time and get a meditation tool kit after the class.

**And finally, I’m not sure where this fits in the Five Ways to Wellbeing model but here are some other links that may lift your mood that are also based on evidence-based approaches**

* [**YouTube’s Ultimate Feel-Good Playlist**](https://www.youtube.com/playlist?list=PLUEGlTJkNQhXsCOyevFjZ_gNGgWOfRXnL)
* [**20 inspiring TED talks**](https://www.lifehack.org/articles/communication/20-most-inspiring-ted-talks-all-time-that-you-should-not-miss.html)
* [Goodread’s most popular **personal development books**](https://www.goodreads.com/shelf/show/self-help)
* Here are [five paintings that perfectly express the boredom of isolation](https://www.timeout.com/london/news/here-are-five-paintings-that-perfectly-express-the-boredom-of-isolation-031920)
* [**Best Lego kits**](https://www.t3.com/features/best-lego-sets)for all ages – including Harry Potter, Friends and Star Wars
* Can a neural network learn to recognise doodling? Help teach it by adding your drawings to the [world’s largest doodling data set](https://quickdraw.withgoogle.com/data), shared publicly to help with machine learning research – it’s basically like playing **Pictionary with a robot**.
* This is a list of services (from entertainment to education to wellbeing) that have been [made available for free for the duration of the COVID-19 pandemic](https://covid19.shanehastings.eu/giveback/#health).