

# Isolation activity guide.

A BRIEF GUIDE OF FREE THINGS TO HELP YOU STRUCTURE YOUR TIME, STAY IN TOUCH WITH IMPORTANT PEOPLE AND ENSURE YOU HAVE A VARIETY OF ACTIVITIES SHOULD YOU NEED TO ISOLATE YOURSELF. CLICK ON THE [LINKS](#) TO FIND OUT MORE.

## Staying in touch



There are a variety of ways you can stay in touch with loved ones electronically including:

- Sending free [eCards](#) for all occasions
- [Skype](#) video chat
- [Zoom video calling](#)
- [Facebook Messenger](#) including video chat
- [Google Duo](#) or [House Party](#)

## Chatter Pack



Chatter Pack is a massive list of online activities to help you reduce boredom, explore interests and structure your time including:

- Virtual tours (eg. Landmarks, Archaeological sites, Zoos).
- Online eLearning and short courses
- Free books
- Live streamed concerts
- Spiritual/prayer resources

Click [here](#) to find out more.

## Earth Cam

[Live stream](#) weather cameras from all around the earth to gain a window to the outside world.



# Free Games & Apps



Some games can be played online with loved ones as another way of staying in touch. [Google App Store](#) has many free games to download including:

- [Crosswords](#)
- [Word search](#)
- [Sudoku](#)
- [Word fit](#)
- [Scrabble](#)
- [Chess](#)
- [Quizzes \(any topic\)](#)
- [Grow a virtual garden](#)

# Short courses & eLearning

There are lots of different short courses you can do for free online ranging from 30 minutes to several weeks covering a massive variety of topics and interest. You are sure to find something:



- [FutureLearn](#)
- [British Gas Courses](#)
- [Open University](#)
- [Class Central](#)
- [Open Culture](#)
- [Vision 2 Learn](#)

# Streaming online content

You can stream (watch online) a variety of shows you might normally watch on your TV for free by downloading Apps for different channels including:



- [BBC iPlayer](#)
- [ITV Hub](#)
- [All 4](#)
- [My 5](#)

Lots of other content can be streamed catering to any interest or hobby through Podcasts ([BBC Sound](#), [TuneIn](#), [iHeart](#)) or via [Youtube](#) and [TedTalks](#).

# Other brief activities & ideas could include:



- Mindfulness Colouring Apps ([Colorfy](#), [ReColor](#), [Adult colouring](#))
- Digital Scrap-books ([Pinterest](#)).
- Virtual tours of places you have always want to visit (via [Youtube](#)).
- Free AudioBooks (books read aloud) ([Audible](#)).
- Read or write poetry.
- Read jokes online or try writing your own.
- start a journal or a blog about your experience (eg. [Penzu](#)).
  
- Send a message to someone self-isolating.
- Read books or stories you've not had time for.
- Plan the things you want to do when the world reopens and how to do them.
- Research or support a [charity](#) you feel strongly about.
  
- Solve online [Jig-saws](#).
- Make a list of your favourite inspirational quotes.
- Make a playlist of songs for different occasions or moods.
- Plan and send a video message to someone if they're not available to talk right now.

# Why not learn a new skill?



This does not have to be a long and complicated process. There are many things you can learn to impress others in the near future. These might include:

- [Origami](#)
- [Magic Tricks](#)
- Card tricks
- [Juggling](#)
- [Meditation](#) or [Mindfulness](#)
- Computer programming/coding

Why not learn a new language? ([DuoLingo](#), [Babbel](#)). You can put in as much or as little time.

# Staying active



There may be times where you are unable to leave your home. There are a variety of free exercise plans or workout tutorials for different abilities:

- [Celebrity workouts](#) on YouTube
- [NHS home fitness](#), including 10 minute workouts
- [Highly customizable workouts](#)

# Reducing anxiety during isolation.



Spending more time by yourself or not being able to do the things that are important to you can be challenging. Why not make a list of coping strategies or helpful tips for yourself?

For ideas click on the logos below:



Royal College  
of Occupational  
Therapists



Created by the [Occupational Therapy Team at the Glenbourne Unit, Derriford, Plymouth](#). This guide was originally created for use within a mental health inpatient setting. Many resources are based on using your digital device. [Remember to give your eyes a break every so often and do something away from a screen.](#)

 [@GlenbourneTeam](#)

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Occupational Therapy  
Recovery through activity

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Relaxation  
Physical Activity  
Moving On Group  
Writing Music  
Creative Arts  
Baking Cooking  
Mindfulness

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**Livewell**  
Southwest