



Enjoyment: *Activities for your bubble*

Photo by Sue Zeng on Unsplash

Have fun with the following activities - do things you love either by yourself, or in your bubble.

Activities

- Go for a walk
- Teach your pet a new trick
- Write a song
- Choreograph a dance routine
- Do some baking
- Do a jigsaw puzzle
- Learn to cook a new meal
- Paint/draw
- Knit something for winter
- Do some origami
- Read a good book
- Have a bubble bath
- Find a new TV show to binge watch
- Teach yourself magic tricks
- Play a boardgame with someone in your bubble
- Connect with others through online computer games
- Make a fancy cocktail or mocktail
- Make a treasure hunt around the house and/or garden for the kids
- Practice self-care – put on a face mask, paint your nails, use body lotion, if you're brave DIY a new hair cut/ colour (after all there's not many people to see if it goes wrong!)
- Sit in the sunshine with a cup of tea or coffee
- Hang a positive message in the front window for your neighbours to read
- Learn a new language
- Make a video
- Watch some funny Youtube videos
- Explore new places online (lots of museums, zoos, art galleries have virtual tours)
- Sew a new outfit


About Jessica Hardley



Jessica is an experienced clinical psychologist who has worked with children, adolescents and adults.

Jessica is responsible for running group and individual therapy sessions.

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Go for a walk in your neighbourhood