



One Day at a Time Activity Planner

One of the hardest adjustments during self-isolation or quarantine is the change to our regular routine. Gently introducing a daily routine that includes time for mental and physical activities, connection with others, and self-care can help.

Caring for your Body

Try an online gym class or follow along on Youtube

Gently stretch for 5-10 mins

Stand and walk around the home to take breaks from sitting

Spend time in the sun (even if this is sitting at a window) and feel the warmth on your skin

Practise meditation or yoga

Stand up for a few minutes while reading or watching TV

Try strength exercises like tricep dips, sit-ups and planks that use your own bodyweight

Put on your favourite music and dance for some aerobic exercise

Take screen breaks! Move away from phones and computers to look out your window when you can

REST!

Connecting with Others

Throw a Virtual Movie Night and pick a movie to watch at the same time as friends and family

Play an online board game with a worthy opponent!

Call or leave a voice message for someone you care about

Find a pen pal through an online community

Start a virtual book club

Listen to free audiobooks from your local library website and discuss them with a friend

Play a multiplayer video game

Schedule a virtual lunch date

Order someone a gift and send it to their home as a surprise!

Start a exercise group and subscribe to a online workout series

Start a daily home photo challenge with a friend



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Stimulate Your Mind

Start a journal, blog or podcast

Take an online art class

Learn a new language online

Make a trivia quiz for friends
on Kahoot

Start a DIY house project

Watch a documentary

Go to the zoo virtually

Order and create an indoor
garden

Start a jigsaw puzzle

Listen to a new genre of music

Paint a piece of furniture

Play online chess

Take a virtual tour of a museum

Do a Sudoku or crossword

Go to a music festival online

Make a time capsule to open in
10 years

Treat Yourself!

Have a bubble bath

Make a cocktail

Order your favourite meal to
be delivered

Cook a new recipe

Try a homemade
facemask

Plan a special activity you'd
like to do in the future

Light some candles,
essential oils or incense

Watch a new movie or
revisit a classic film

Order retro lollies from your
childhood and embrace your
inner child

Practice meditation

Set your dinner table with
nice linen and candles

Soak your feet for an at-home
pedicure

Brew a pot of tea and enjoy it
with a treat!

Try and choose one from each list every day!



One Day at a Time Activity Planner

	Morning	Afternoon	Evening
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			