### Ideas to **connect**
- Use Netflix Party to watch a TV or film with your friends
- Have a virtual coffee break with loved ones
- Set up a virtual quiz night
- Take part in a live class on Instagram or on Facebook
- Check in on those you care about
- Cook a meal with your housemates or cook virtually with a friend

### Ideas to **give**
- Offer to help out a neighbour or friend
- Write a personalised letter of thanks to someone you know
- Give a virtual skill sharing workshop to your friends or family
- Think about donating to your local food-bank or charity
- Complete a random act of kindness
- Give your thanks to people around you

### Ideas to **take notice**
- Try a Headspace meditation session
- Experience an electronic music meditation with MEYA
- Go for a mindful walk
- Try out some mindful colouring
- Try a relaxation audio session
- Savour the little things with this savouring journal

### Ideas to **be active**
- Join in with #stayinworkout activities run by UoM Sport
- Try Yoga with Adriene’s 30 Days of Yoga
- Join the Couch to 5K programme and get yourself running
- Try to do some deskercise every day
- Go for a long walk in your local green area
- Join in with a live workout class over on Pyscle London’s Instagram page

### Ideas to **be healthy**
- Listen to a sleep story on the Calm YouTube channel to help you doze off
- Download an app to remind you to drink enough water
- Cook a healthy BBC Good Food recipe
- Reduce your screen-time and time spent watching or reading the news
- Plan your budget for the next week
- Try some brain-boosting recipes

### Ideas to **learn and discover**
- Try a Creativity 4 Wellbeing activity
- Try out one of illustrator Jarrett Krosoczka’s 20 minute drawing classes on YouTube
- Sign up for a free short Future Learn course
- Use 10 minutes each day to learn a language on Duolingo or try learning BSL on YouTube
- Take a virtual tour of the world’s hidden treasures with Google Arts & Culture