

# 100+ Things to Do DURING LOCKDOWN

## 1. Food Shopping and Healthy Eating

### Food Shopping:

- **No delivery slots?** - Try your smaller local shops, some are switching to delivery services too
- **Online food delivery** - Amazon Fresh has delivery [slots](#). [Instacart](#) and [Max Delivery](#) are available in the US and [Love Yourself](#) has UK options
- **London's alternative grocery delivery ideas** - [Farm to Table](#) & [10 options](#) & [Deliveroo](#)
- **Drinks delivered** - London [bars](#) offering delivery services to your door & London based alcohol delivery services [here](#)
- **London restaurants** - now doing home [delivery](#)

### Recipes:

- **Meal ideas** - [Meal Prep Recipes](#) & [Jamie Oliver's 14 Store](#) & [freezable family meals](#)
- **Bake** - find some delicious recipes [here](#) & [here](#) to best utilise what's in your larder
- **Microwave mug cake** - [recipe](#) for the perfect WFH snack
- **Insta tutorials** - [Bread Ahead](#)
- **Cooking classes** - Borough Market [Classes](#) or [Jamie Oliver](#)

### Nutrition:

- **Learn the facts** - about nutrition and healthy foods [here](#)
- **Podcasts** - 10 best [nutrition podcasts](#)
- **Immune boosting foods** - Click [here](#) for more info

## 2. Keep Moving

### HIIT & Boxing:

- **Youtube** [Prevail Boxing](#) & [Orangetheory Fitness](#)
- **IGTV** [Carbon38](#) & [Church Street Boxing](#) & [Rumble](#)
- **App streaming** [Rumble](#) & [Peloton](#) - App streaming (90 day free trial, then \$12.99/mo)
- **Daily online workout classes** [Rumble](#), [Joe the Body Coach](#), [Centr.com](#) (free 6 week trial), [Sweat It](#), [Cut Seven](#) & live [drag aerobics](#) every Wednesday

### Dance Cardio:

- Youtube [Patricia Moreno](#)
- IGTV [Good Move](#) & [Forward Space](#) & [305 Fitness](#)
- App streaming [Dancing Alone Together](#) & [Body By Simone](#) (14 day free trial; then \$15.99/mo)

### Yoga and stretching:

- Stretching [Best Stretches at home](#)
- Yoga 60 minute [home yoga class](#) & easy 30 minute yoga classes [Video 1](#) and [Video 2](#) & London yoga studios are streaming [classes](#)
- IGTV [Modo Yoga](#) & [Yoga Vida](#) & [YoBK](#) & [Sky Ting](#)
- Youtube [Yoga with Adriene](#) & [The Practice by Annie Clarke](#)
- Apps [Down Dog](#) & [Do Yoga With Me](#) - online streaming (2 months free)

### Other Workouts:

- Youtube Top [YouTube Workouts](#) to Follow While in Quarantine
- IGTV [Mile High Run Club](#) & [Sersana](#) - Daily free class on IGTV (Spanish)
- App streaming [Nike Fitness App](#) & [ACTIVE by Popsugar](#) & [Classpass](#) (free for members)

## 3. What To Do On The Weekend

### Get Out Virtually:

- Daily streams: Follow [Time Out London](#) for daily cooking or fitness live streams
- Zoo virtual stream 13 zoos that offer [live streams](#)
- Museum streams [Virtual tours](#) from 12 famous museums
- Northern Lights stream [Live streams](#) from Aurora/Northern lights camera
- The best [virtual travel experiences](#)
- Concerts & theatres Watch [theatre](#) & [Shakespeare](#)
- Art exhibition See more than 800 [Frida Kahlo](#) artworks in this epic virtual exhibition & NYC art [galleries](#)
- Crafting Saturday virtual craft [Market](#)
- Live music watch a set every night at [Marie's Crisis piano bar](#) & [virtual karaoke party](#), plus Fox and iHeart will broadcast the Elton John-hosted COVID-19 benefit [concert](#)
- Classical music watch [classical concerts](#) & the London Symphony Orchestra [perform](#)
- Book club Salon London Book Club [Live](#)
- NYC landmark tour Take a [virtual tour](#) of some of NYC's major landmarks & [street art](#)
- Fun [challenge](#) while stuck at home, win a holiday to the Caribbean

### Movies, TV & Gaming:

- Best movies on [Netflix](#)
- Gaming free trials for online games such as [Football Manager](#)
- Online quizzes [sporcle.com](#)
- Sky Sports offering a "pause" to your subscription, go onto their [website](#)/my account to sign up
- BT TV offering the customers the chance to flex packages for free
- Home premier movies on the [Fandango](#) app
- Watch 250+ channels and 1000s of movies free with [Pluto](#)
- Video games [11](#) to get lost in

## Recommended Reading:

- GSMT recommendations [Why We Sleep](#), [The Outward Mindset](#), [5 Dysfunctions of a Team](#)
- Free Audiobooks download hundreds from [Audible](#)
- Comics get a 7 day free trial with [Marvel Unlimited](#)
- Borrow Books NYC residents can digitally [borrow books](#) from the library while it's closed

## New Things To Learn:

- Languages learn with [Babel](#) or [Duolingo](#) or sign language from the [New Skills Academy](#)
- Take a courses free online courses with [FutureLearn](#) and [OpenLearn](#)
- Get writing start [journaling](#) do a [writing prompt](#)
- Calligraphy wow your friends with your [calligraphy skills](#)
- Ivy League Courses sign up for these [450 free online](#)
- Learn origami make a [crane](#) or a [turtle](#) for your loved ones
- Ted Talks the [best talks](#)
- Learn to Code [Hour of Code](#) offers a one-hour introduction to computer science through activities and games that make it all digestible or check out Fullstack Academy's free [Intro to Coding](#) self-paced course
- Learn about our universe the science behind our weird universe, the future of artificial intelligence, and the way our minds work through [Complexly's](#) energetic videos that explain everything like you're 5
- Learn to draw 25 days to [better Drawings](#) and more [free classes](#)
- Furry Friend has [new tricks](#)
- Get Creative with Obby offering live online [classes](#), including an online terrarium making [class](#) for Londoners or take a [podcasting](#) course
- Tik tok fun Create funny/fun/positive [videos](#)

## 4. Keep In Touch With Friends And Family

- Houseparty check out the [app](#)
- Watch a movie virtually with [friends](#)
- Facetime with Family interview your grandparents and create an audio story or book with that file

## 5. Mental Health Tips

- Your local services are listed [here](#)
- Everyday [mental health](#) and [coping](#) tips

## Meditation & Mindfulness:

- Apps [Headspace](#) and [Sanity + Self](#)
- Videos [5-Minute Meditation](#), [MNDFL](#) and [Kelsang Jampa](#) offer short guided meditations
- Free workshops with [Holisticism](#) taught by experts
- Calm is offering 'soothing meditations', a 'calm masterclass', 'calm kids' and mindfulness [resources](#)

## Sleep:

- Six apps to help with [better sleep](#)
- Healthy sleep [tips](#)

## 6. Helping Others

- UK Community Support:
  - Interact with your neighborhood via the [Nextdoor app](#) about your local area
  - More than 1,000 [volunteer groups](#) have been set up on facebook to help those self-isolating during the coronavirus outbreak.
  - Remote [volunteering](#) opportunities in London
  - Become a [NHS](#) volunteer. One option is to call individuals who are at risk of loneliness as a consequence of self-isolation.
- US Community Support:
  - How to [help](#) victims of the Coronavirus pandemic
  - How to help the [elderly](#)
  - Connect with your [local shelter](#) and animal welfare groups to help foster pets and offer ongoing support
- France Community Support:
  - Lots of suggested groups to help your [community](#)

## 7. Things To Do With The Kids

### Reading:

- Recommendations from [Ivyslibrary](#) or [@ivyslibrary](#)
- Free audiobooks from [David Walliams](#) and [Audible](#)
- Reading challenge - [Read Brightly](#) for all ages and stages

### Get Creative:

- Get crafty with [15 simple origami projects](#) and [Red Ted Art](#)
- Get cooking with [home cooking lessons](#)
- Get musical with 21 classical [music](#) activities

### Brain Teasers:

- Apps [BrainPop](#), [Khan Academy Kids](#), [Tynker](#), [Splash Learn](#), [Erase All Kittens](#), [Bedtime Math](#), [Diary Zapp](#), [Caterpillar Creative Play](#), [Gus on the Go languages](#)
- Online lessons [YouTube Learning](#), [Scholastic Learning From Home](#), [Mystery Science](#), [LittleLessons](#) & free [maths lessons](#). Plus [Seneca](#) and [Cambridge - resource plus](#) for UK teens
- Virtual events [National Museum of Mathematics](#)
- Private tutors - [NYPL](#) for all PreK–12 students in NYC and tips from [Brightsparkz](#)
- Podcasts [Wow in the World!](#) for science, [Stories Podcast](#) or [Circle Round](#) to hear a story, or [Noodle Loaf](#) for music.
- Games [MentalUp](#), [Toy Theatre](#) and [Geography Games](#)
- [Rosetta Stone](#) is offering kids free access to its [language](#) courses for 3 months

### Keeping the Kids Active:

- Workouts with with [Joe Wicks](#), [Les Mills](#) and [7 minute workout for kids](#)
- Dance workshops with [Sadler's Wells](#)
- Movement and mindfulness with [GoNoodle](#), [Cosmic Kids Yoga](#) and [Move This World](#)
- Treasure hunt - tell them to hide something and create a treasure map for you to find it, or use these [free printouts](#)

### Ideas for Babies + Toddlers:

- Virtual playdates organized by [@IndyWithKids](#)
- At home activities with [@babytoddler](#), [@dayswithgrey](#) and the [Imagination Tree](#)

### Schedules and Structure:

- Daily templates - Editable COVID-19 daily schedule [templates](#)
- Great articles - [how to WFH with kids](#) and [set yourself up for success](#)

### Explain What COVID-19 is to Kids:

- Books NPR [comic](#) and a [social story](#)
- Articles [NYTimes Parenting](#) & National Association of School [Psychologists](#)
- Videos Wash your hands [video](#) shows kids how to wash their hands properly
- Podcast [Tumble Science Podcast](#) for the whole family

*Keep sharing all of your amazing suggestions on slack!*