



Week Four



PERSONAL

Look after yourself. Eat well and sleep well.

Learn a new skill. You can learn for example how to crochet or how to paint on Youtube. If you like gardening this is a good time to do some planting and weeding before winter. Prepare your garden for spring.

FAMILY

Check out the Melbourne Zoo and Aquarium 24/7 live sites where you can watch what the animals are doing while they are free of visitors. <https://www.zoo.org.au/animals-at-home/> or <https://www.melbourneaquarium.com.au/explore/live-stream/#gref>

Check out the Melbourne Museum's site and learn some new facts about their displays <https://museums victoria.com.au>

FRIENDS

Movie Night. Watch the same movie as your friend or relatives in another house and chat about the movie during or after it finishes in a Movie Revue.

Connect with friends and find out if you can play games online. The City of Melbourne is holding a range of activities online. [For more information go to visit here.](#)

COMMUNITY/NEIGHBOURS

Do you have a garden? Do you have too many vegetables? You could share with a neighbor. You could leave a bunch of flowers on their doorstep. Fresh produce and flowers fill one with hope and beauty. Share the excess you have with the community. Can you share the novels you have read or the jigsaws you have completed with someone else to help reduce expenses during this tricky time?