



Week Eleven



PERSONAL

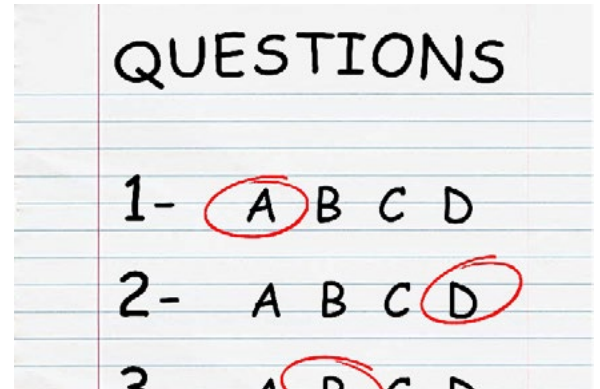
It would be a fair comment for anyone living in a 'lockdown' area to be feeling disappointed, cheated, overwhelmed or dispirited after weeks of being so cautious with who we saw and where we went to prevent the spread of the Covid-19 virus now a great number of us are in lockdown for a second time. We have offered lots of hints and tips for your personal use over the past ten week. Now would be a good time to have a look back over these ideas to see what you could reuse over the next six weeks? What could you modify on how you run your life in this next phase?

FAMILY

Can you organize some sort of competition in your family as a challenge during the next few weeks? How about a weekly cooking demonstration which each member takes the lead in and has to research the meal? Or maybe a puzzle, jigsaw or general knowledge competition? Could you take it in turns to create the questions each week and be the quiz master?

<http://freepubquiz.weebly.com/the-quizzes.html>

<https://www.australiaday.org.au/storage/1-australian%20trivia%20-%20qandas.pdf>



FRIENDS

The general knowledge quiz above could be extended to your friends via skype or zoom sessions. Fun to have a competition but no googling the answers when no one is looking! Make it a set time complete with nibbles to keep you going through the competition.



COMMUNITY/NEIGHBOURS

Many people in our communities will once again need help with shopping or small tasks. Time to check in with your community groups or neighbours to see if you can assist them in some small way. This might just be as simple as a kind word over the fence or a phone call on someone you haven't seen out and about.