



Week Twelve



PERSONAL

Lockdown 2.0 gives us the chance to approach life slightly differently, how about we don't count the days but make the days count?

Have you investigated online ballet classes with the Australian Ballet <https://www.timeout.com/melbourne/news/you-can-now-take-online-ballet-classes-with-the-australian-ballet-070920> or started drawing classes <https://www.udemy.com/topic/drawing/free/>

or language classes <http://www.bbc.co.uk/languages/>?

If you have never joined a Pilates class before this could be the time to try it out. There are free movement classes for the month of July which focus on 'posture, core strength, balance and flexibility'. <https://whatson.melbourne.vic.gov.au/things-to-do/mellobarre-free-movement-classes>



FAMILY

Are you suffering from lockdown fatigue? Have you run out of ideas for things to do together with your family?

Why not try a brainstorming session with your family where each member has to think of a time when you enjoyed something together?

Did you know you can download the State Library's huge collection of books, music and photos for free?

Visit the State Library website and explore the collection 'in your lounge' or read their e-books from home at <https://whatson.melbourne.vic.gov.au/things-to-do/our-online-collections>

Have you explored playing card games with the family? From basic games like Snap through to Poker you can make it a family challenge if that appeals. Or you could watch a free online story being told: <https://whatson.melbourne.vic.gov.au/things-to-do/a-not-so-traditional-story>



FRIENDS

It is important during the lockdown not to isolate yourself. Staying in touch with friends is crucial. It is important for our mental health to stay connected.

There are a large range of activities you can do with friends these days. You can do activities together online or even celebrate happy occasions. For example, you can access resources online, share watching with your friends and then discuss them with, for example, <https://whatson.melbourne.vic.gov.au/things-to-do/ali-mcgregors-late-nite-variety-nite-night-online-editions>





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COMMUNITY/NEIGHBOURS

Did you know you can still do things for your community during lockdown?

You can still make donations to many local charities who are struggling to support the community. You can also help farmers by ordering your groceries online. There are a number of suppliers available that offer products gluten free for example. Why not pre-order groceries from Queen Victoria market for pick up?

