



Week Fourteen



PERSONAL

This is the time to be creative and try to do new things or perhaps outside your comfort zone. For example:

- Why not trying to learn a new language or sit down and write a novel? Why not doing some research and understand nutrition and how food affects the body and mind? Why not sew a teddy bear or read a new book?
- Do some meditation as this helps to reduce stress
- Discover your family history by learning about genealogy and discovering more about your family background
- Check what is available at your local library as you can borrow e-books, view digital newspapers, online databases or learning programs.



FAMILY

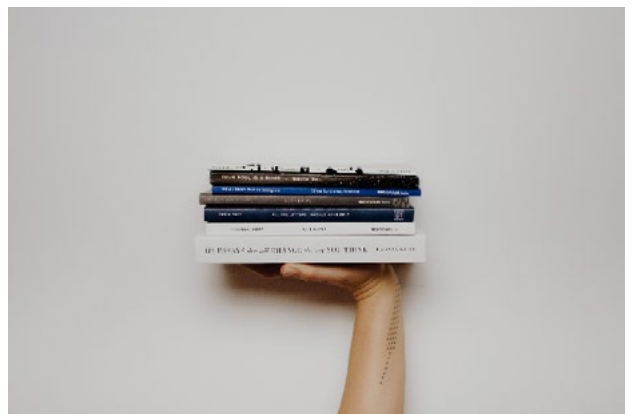
Now is the right opportunity to do things together in the family that maybe you did not have the opportunity to do before. Some ideas are:

- The Australian ballet have free ballet. Why not watching together the Merry Widow? Go to <https://australianballet.com.au/tv> and you can find all the information there.
- You can also learn to dance online on the same website. You can watch free beginner or intermediate classes
- Do word games.



FRIENDS

Do you like reading? You can start a conversation with friends online about the book you are reading. You can also start a virtual book club where everyone read a different book and then chat about it afterwards.





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COMMUNITY/NEIGHBOURS

Check the Volunteering Australia website to find a list of volunteering opportunities during Covid 19 pandemic. You can also check Volunteering Victoria which provides many ideas about how you can still volunteer during the lockdown. <https://www.volunteeringvictoria.org.au/>

Some of their suggested volunteering include:

- Doing shopping for an elderly neighbour
- Babysit for free
- Drive a senior to their appointment

The website also provide tips on how to approach people first. So make sure you check this information.

You can also donate money to various organisations to help them support the needy.

