



# Week Sixteen



## PERSONAL

This week we thought it might be fun to try and speed things up. Quicken your pace or walk or run with purpose! Spotify have different playlists to help you get your heart rate up to a specific number of beats per minute. Whatever is your preference, Workout 120 BPM, Fun Run 150-165 BPM or for the very fit Rock 'n' Fun 160-180BPM! Better still create your own playlist to listen to and to keep you pumping as you get out for your one hour of daily exercise.



## FAMILY

Have you included the children in a family challenge or have the children included you in a challenge? This could take the form of an obstacle course around the house or backyard, no screen time for one evening, no sugar for a day for example. Or maybe the challenge could be reading 'X' number of books in the remainder of the lockdown period. It could include household chores to keep everyone busy and also help keep the house clean and tidy or even be as simple as learning your times tables.



## FRIENDS

Have you tried a Karaoke night with your friends? It could be worth a few laughs if you can create an event on Zoom, skype or facetime. Type in 'Karaoke on line' and a number of free websites will come up for you to choose from.





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## COMMUNITY/NEIGHBOURS

Wouldn't it be a wonderful surprise for a lonely person to receive a letter saying you are thinking of them? So many of our older folk in nursing homes are not able to have visits from their family or friends. Let's communicate with them by writing an email or letter and add some photos of the world outside like the Spring flowers you have taken photos of on your daily walks or views of your neighbourhood parks with the local flora and fauna. A quick phone call to the nearest nursing home to you will provide an email or postal address for you to send the letter

greeting


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date

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body

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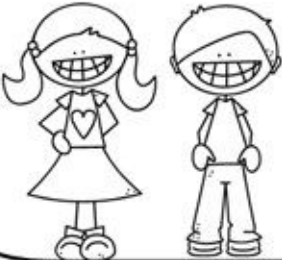
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closing

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signature

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