



# FUN 'INDOOR' ACTIVITIES

# LEARN AND CREATE A DANCE

## Popular Dance Trends 2021

'Get up' dance  
'Savage love' dance  
'The box' dance  
'Git up' dance  
'Oh na na na' dance  
'Heatwave' dance  
'Clapping' dance  
'Blinding lights' dance

# COOKING

Get into the kitchen and create something new or something you really enjoy. Baking and cooking is a great way to relax and feel a sense of accomplishment once you have finished.

If you are unsure of what to make visit <https://www.supercook.com/#/recipes>. You enter the ingredients that you have at home and it will provide you with a list of recipes to try! .

Be safe and sensible whilst in the kitchen and seek your parents permission before cooking on your own.



**TRY A...**

**JUST  
DANCE**



**ON YOUTUBE**

**This is the link used in your PDHPE classes to engage with Just Dance online! It is a lot of fun and a great way move your body and get the endorphins flowing! Or just search “Just Dance tutorial” on youtube!**

[https://www.youtube.com/playlist?list=PLpy\\_XRdn544rdC1hmdlGIP62vSCq3hi27](https://www.youtube.com/playlist?list=PLpy_XRdn544rdC1hmdlGIP62vSCq3hi27)

**EXERCISE WITH**

 **FITON**

**ITS FREE!!!**

**Watch professionally made exercise tutorial videos, there is everything from cardio and yoga. All of these can be done in your home. You can download the app or use your computer to access the website!**



# KEEP A LOCK DOWN JOURNAL

## Journal Writing Tips

**#1 - Silence Your Inner Critic**

**#2 - Break the Rules**

**#3 - Go with the Flow to Express Yourself**

**#4 - Pick a Special Spot to Journal**

**#5 - Go Wild with Embellishments**

# MAKE A FAMILY TIME CAPSULE

Time capsules are special – they hold little keepsakes from those moments in time, which otherwise would be forgotten. Find a leak, crack and rust proof container and create a 2021 time capsule with your family to look back on in 5-10 years!



## Some ideas of what you could include in your family time capsule:

- **Something that represents personality** – like a favourite T-shirt.
- **Something that is reflective of the times** – Think pop culture! Like a miniature action figure from a favourite movie.
- **Something that speaks to current events** – perhaps a newspaper clipping or magazine?
- **Something of sentimental value** – like your children's baby clothes, aww.
- **Written letters** – it's always amazing to see something written by your old self!



# ORIGAMI

The origami instructions at [Origami.guide](https://www.origami-guide.com) are presented in an easy to follow photo tutorial format.

You will find lots of wonderful origami models to fold at **[origami.guide](https://www.origami-guide.com)**, many of which are unique and can't be found anywhere else!

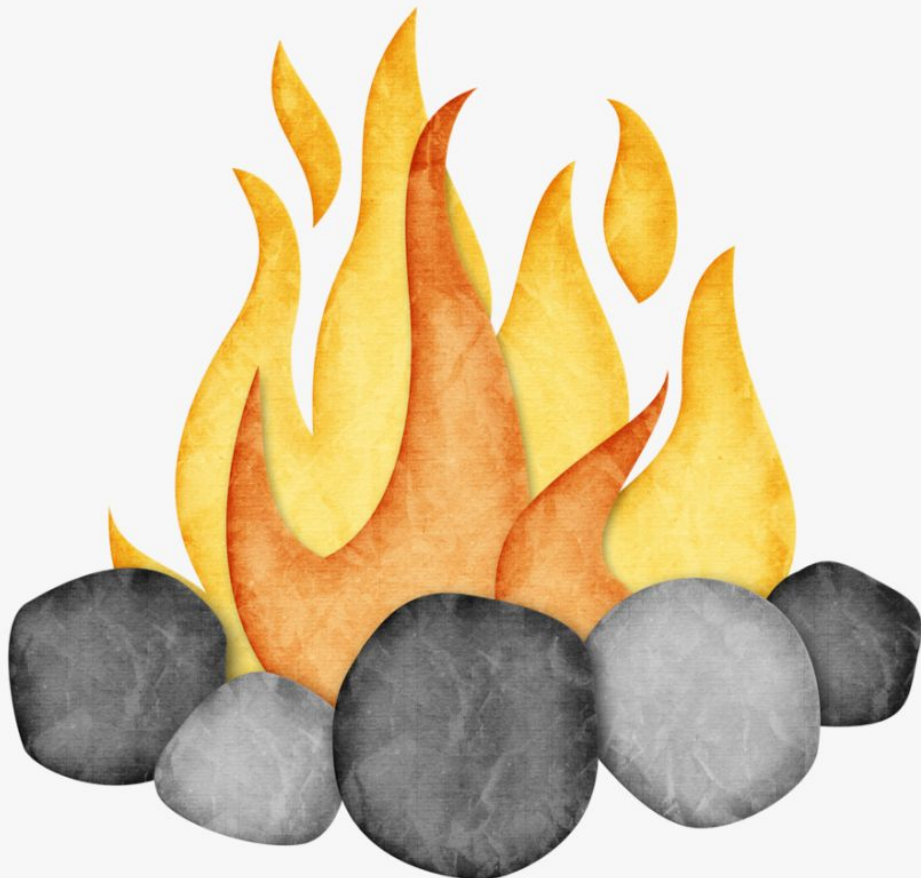
Origami is extremely enjoyable and gives a great sense of accomplishment after folding a model.

Or look up a video on youtube!

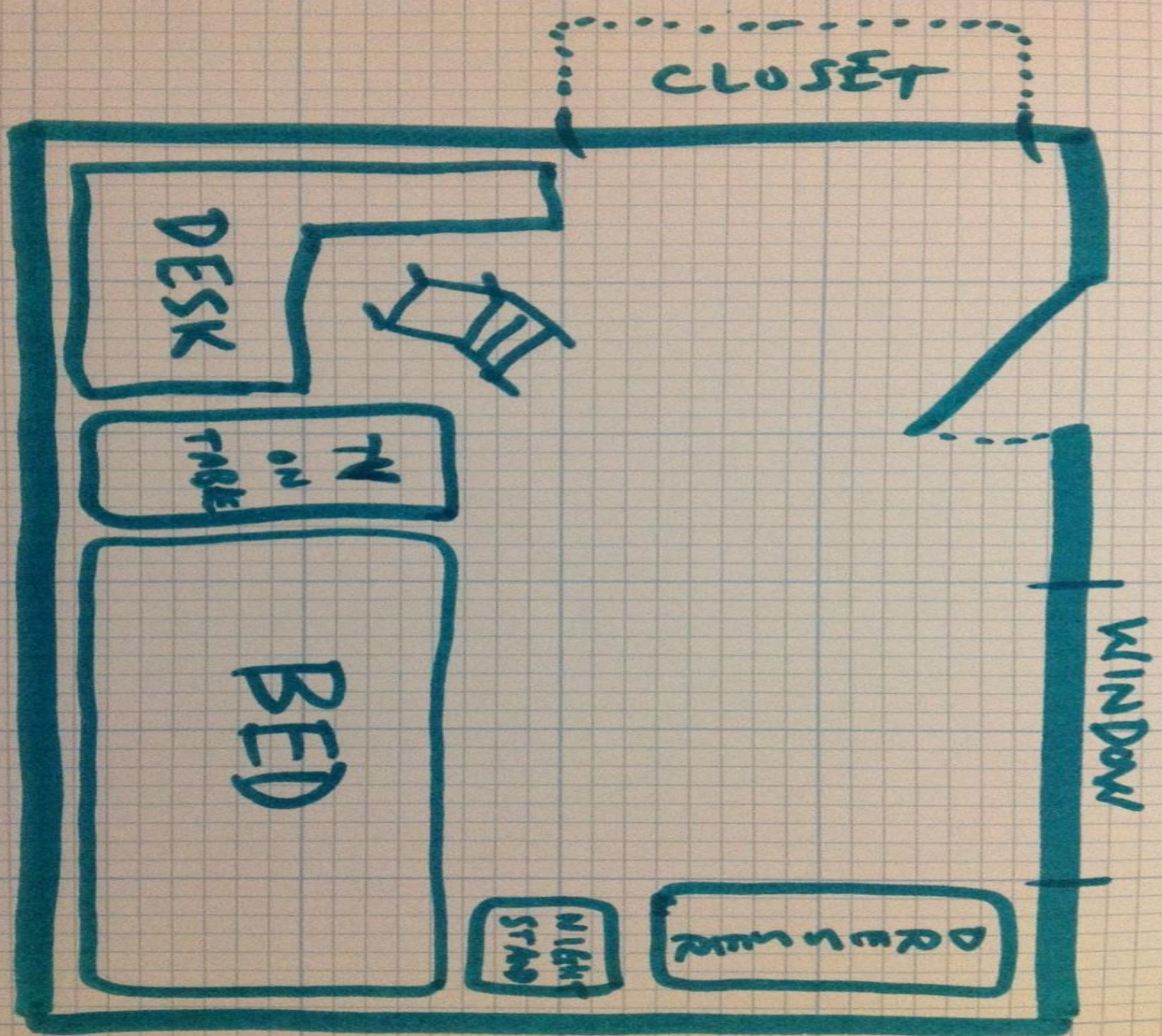


# BACKYARD CAMPING

Whether it's inclement weather, a national park or campground closure or COVID – whatever the situation is, your meticulously planned family holiday is now in a shambles. But, that doesn't have to be the end of your getaway. If you've got a decent yard, then why not take your holiday to your backyard?



# REARRANGE YOUR BEDROOM



Plan out how you could rearrange your bedroom space and be creative. A change is as good as a holiday, by simply moving around your space it can have positive impacts on your wellbeing.



**Organise a Facetime or Zoom call with family or friends. Talk about your day, have a laugh or play a game. It is so important to stay connected to people close to you, it can boost your morale and have positive impacts on your wellbeing so you do not feel isolated.**

