

100 THINGS TO DO AT HOME

TOLWORTH GIRLS' SCHOOL

1. COLOUR IN A PICTURE
2. GIVE YOURSELF A MANICURE OR PEDICURE.
3. GO WATCH A SUNSET OR SUNRISE
4. LOOK FOR A NEW FAVOURITE QUOTE OR SAYING
5. CREATE A SELF-LOVE LIST
6. START A BLOG
7. REACH OUT TO A FRIEND OR RELATIVE YOU HAVEN'T SEEN IN A WHILE
8. MAKE A VISION BOARD
9. TRY LEARNING A NEW LANGUAGE
10. ORGANISE YOUR CLOSET, OR DO A FULL-BLOWN CLOSET CLEAN-OUT.
11. CLEAN YOUR MAKEUP BRUSHES
12. WATCH A DOCUMENTARY.
13. LEARN HOW TO DO ORIGAMI
14. MAKE A SANDWICH USING DIFFERENT SHAPES
15. COMPLETE A WORD SEARCH
16. MAKE A BUCKET LIST
17. WRITE A POEM
18. MAKE A LIST/MOOD BOARD OF PLACES YOU WANT TO TRAVEL
19. MAKE CARDS TO SEND TO FRIENDS/FAMILY
20. MAKE A SCRAP BOOK
21. HAVE A SPA/PAMPER HOUR
22. PAINT A FAMILY PORTRAIT
23. WRITE AND MAKE A BOOK
25. DRAW FLOWERS OR/AND A FRUIT BOWL
26. LEARN SOME LAUGHTER YOGA
27. FINGER PAINT
28. FOOTPRINT PAINT
29. HAVE A KARAOKE SESSION
30. HAVE A DANCE ALARM EVERY 30 MINUTES
31. CREATE A HAPPY LIST - LIST ALL OF THE THINGS THAT MAKE YOU HAPPY
32. SEND A VIDEO MESSAGE TO FAMILY AND FRIENDS TO GET THEM BUSY
33. HAVE AN INDOOR PICNIC
34. HAVE AN INDOOR TREASURE HUNT
35. TAKE A SELFIE THROUGH A TOILET ROLL TUBE AND PRETEND YOU ARE ON THE MOON
36. MAKE CAKES OR/AND DECORATE!
37. DO A DEEP BREATHING EXERCISE
38. WRITE A KIND LETTER TO A NEIGHBOUR
39. PLAY A BOARD GAME
40. PLAY HIDE AND SEEK
41. MAKE SMOOTHIES
42. HAVE AN UPSIDE DOWN DAY E.G. HAVE BREAKFAST FOR DINNER
43. COOK SOMETHING NEW
44. LEAVE HAPPY NOTES ALL AROUND THE HOUSE
45. MAKE A FITNESS ROUTINE
46. LEARN A QUEEN SONG
47. MAKE AN INDOOR RESTAURANT AND SERVE YOUR FAMILY
48. VACUUM YOUR HOME
49. PRACTICE MINDFULNESS
50. FOLD UP SHEETS
51. CREATE A COMEDY SHOW
52. LEARN OR MAKE UP A DANCE ROUTINE
53. HAVE A PARTY
54. TAKE A BUBBLE BATH OR A NICE WARM SHOWER
55. LISTEN TO A PODCAST
56. WATCH A DISNEY MOVIE

57. DESIGN YOUR OWN DREAM HOME
58. POP BUBBLE WRAP
59. MAKE A POSITIVE JAR
60. LISTEN TO A MUSIC GENRE THAT YOU WOULDN'T USUALLY LISTEN TO
61. LEARN HOW TO BUDGET
62. LEARN TO JUGGLE
63. GO THROUGH OLD PHOTOS
64. DO A RANDOM ACT OF KINDNESS
65. FACETIME/SKYPE A FRIEND OR FAMILY MEMBER
66. MEDITATE
67. START A JOURNAL
68. FIND A NEW TV SERIES
69. ORGANISE YOUR PHONE OR COMPUTER
70. DRINK JUST WATER FOR THE DAY
71. HAVE A GAMES NIGHT
72. LEARN A MAGIC TRICK
73. UNFOLLOW NEGATIVE SOCIAL MEDIA ACCOUNTS
74. MAKE A LIST OF PEOPLE YOU ARE GRATEFUL FOR
75. DEVELOP A SKIN CARE ROUTINE FOR MORNING AND NIGHT
76. CREATE A TO-READ BOOK LIST OR A TO-WATCH FILM LIST
77. MEAL PREP FOR THE NEXT WEEK
78. WEED YOUR GARDEN
79. LEARN SIGN LANGUAGE
80. MAKE A SONG PLAYLIST
81. WRITE A LETTER TO YOUR FUTURE SELF
82. SORT OUT YOUR SOCK DRAW
83. HAVE A MOVIE NIGHT IN THE LIVING ROOM WITH SNACKS, PILLOWS AND BLANKETS
84. MAKE A "HOW WELL DO YOU KNOW ME" QUIZ AND SEND IT OUT TO FRIENDS/FAMILY
85. GROW A VEGETABLE/HERB
86. TRY NEW MAKE UP
87. CREATE YOUR OWN PUZZLE

88. LISTEN TO A DIFFERENT RADIO STATION
89. WATCH THE CLOUDS OR STARS
90. TRY A NEW HAIRSTYLE
91. PRACTICE DRAWING
92. SET UP AN OBSTACLE COURSE FOR YOU TO COMPLETE
93. ORDER YOUR BOOKS OR DVD'S ALPHABETICALLY
94. MAKE A BIRD FEEDER
95. MAKE A FRIENDSHIP BRACELET
96. HAVE A SOCIAL MEDIA DETOX
97. PRACTICE CALLIGRAPHY
98. DRAW A COMIC
99. WASH THE CAR
100. MAKE UP A NEW HANDSHAKE

Let your
light
Shine

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