

35 things to do as a family during COVID-19



Support your mental health and wellbeing with these nature-based ideas for families during COVID-19 and beyond.

Note: Please stay informed with the latest COVID-19 advice from both the Australian Government and State Government.



Turn to Nature

- 1 Find a daily sit spot (a powerful form of mindfulness). Your backyard, neighbourhood or local nature patch is ideal. Sit there without saying a word for a minute or so – gradually make it longer and reflect on the benefits you feel from practicing this over time
- 2 Tend to a garden and plant something that you can nurture, harvest, eat and cook
- 3 Start a nature journal – each day after time spent in the yard or outside write, draw or paint something you noticed. See where your nature journaling takes you
- 4 Visit a wild place close to your home to walk amongst nature (see social distancing and self-isolation guidelines before venturing out)
- 5 Plant a native seedling or give a plant in your garden extra care. Watch as it grows and responds to your nurturing efforts

Balance Green and Screen Time

- 6 Download a bird app and identify what birds are calling in your backyard. Learn about their behaviour, breeding habits and see if you notice any of this in action. If you want to go beyond birds, download a native wildlife app (such as the South Australian Museum Field Guide to South Australian Fauna) and learn other local wildlife
- 7 Download a stargazing app and see if you can find the Southern Cross and any of the planets
- 8 Make a short film on a tablet/smart phone about the type nature in your backyard or neighbourhood. Share it with a friend via a digital platform
- 9 Go to the Bureau of Meteorology website¹ and learn how to read the weather, tides and about Indigenous weather knowledge
- 10 Using a smart phone or digital camera take photos of the details of nature in your backyard, neighbourhood or local patch of nature

¹www.bom.gov.au/



Keep Active

- 11 Begin a yoga or stretching routine in the backyard or head to a natural place close to home (try online videos to get started)
- 12 Set up for ball skills or your favourite sporting practice in your yard (get creative with how you could set up your space, like making cricket stumps from what you have at home)
- 13 Run, walk, scoot or bike ride around your neighbourhood or closest nature patch with trails
- 14 Create your own dance routine in the backyard or a space inside your home. Involve your family in the routine or put on a special performance
- 15 Create your own obstacle course in the backyard. Have a family contest or record and try to beat your own 'personal best' time

Eat Healthy

- 16 Grow your own veggies. Try leafy greens and root vegetables if you're starting out and herbs such as basil, thyme, oregano, mint and coriander (easy to grow and can be grown in pots!)
- 17 Eat and cook with seasonal produce such as stone fruit and cherries in summer, figs and grapes in autumn and citrus in the cooler months
- 18 Plant some fruit trees. The best season to plant fruit trees is winter for stone fruit, apples and mulberries and late spring or early summer for citrus
- 19 Cook together with a homemade recipe or find something in an old cookbook or online source (try Pinterest for recipes)
- 20 Play/create a game that involves identifying fruit and vegetables, like bingo or memory

Slow Down

- 21 Create an outdoor nook with some cushions, a picnic rug, blanket and a place to put some snacks and a warm drink. Try daily meditation, mindfulness and/or reading
- 22 Get creative and paint portraits of nature, your family, a creature, or imaginative place
- 23 Read your favourite books and poetry to one another
- 24 Create a scavenger hunt challenge. Have each person in your family make a backyard scavenger hunt list with items such as coloured rocks, long leaves, insects and other things you find interesting. Once complete, swap lists and go on a hunt!
- 25 Start a gratitude journal. At the end of each day reflect and write or draw what you are grateful for that day

Rediscover Childhood

- 26 Gather up old pots and pans - add water, dirt and a few bits and pieces of nature and make some stew, soup or mud pies
- 27 Have a backyard (or living room) camp out - snuggle under a blanket, tell stories, play games and try to spot nightlife with a torch
- 28 Using sticks, string, old sheets and cardboard boxes build a backyard fort big enough to have lunch in
- 29 Create a small world by finding bark, stones, sticks, dirt, sand, flowers and other natural things. Introduce little characters such as painted sticks or stones
- 30 Find a stick and decorate it with old yarn/string, feathers, paint or other creative things and invent a game that you can play together

Stay Connected

- 31 Provide a message of hope to your community: paint or draw a rainbow to display in your front window; place a teddy in your window for others to spot; or take to your footpath with chalk to draw rainbows and leave messages of hope
- 32 Send a hand-made card to a friend or relative or write a letter and post it
- 33 Skype or Facetime with a best friend, relative or someone you haven't seen for a while
- 34 Use 'Zoom' or another similar application to have a group catch up and online cuppa with friends
- 35 Create a playlist of your favourite songs and share with your friends on Spotify or Apple Music.

