

# Beating boredom

**So how do you beat the boredom when you're stuck in the COVID-19 restriction rut? Here are a few simple tips for you and the kids to try at home.**



**Most importantly, keep updated with the latest news and developments by accessing media that will give you factual, reliable and useful information.**

Try to stay away from social media because of the danger of fake news.



**If you do not have one, plan a family budget on how you will survive the next month or so with the input of all family/ household members.**

It should include necessities like food. There is no need to panic buy because the supermarkets will not be closed. They are part of essential services. Cutting wastage and saving off cuts or left overs should be part of your family goals. Making and sticking to a budget can help you sleep at night without number crunching all the time.



**To those with children, this would be a great opportunity to teach them housework, from washing dishes to cleaning bathrooms.**

Hygiene is the top priority during the coronavirus crisis and is a valuable forever life lesson! If you have children at home who are old enough to help get them to lend a hand.



**This is a good time to start some physical exercise.**

You can jog or walk around your home, up and down stairs if you have them or set up an indoor training course. Regular exercise is good for the mind and the heart. For children, an obstacles course can be set-up with furniture and cushions and is even more fun when parents get in on the game as well! For the more serious, tin cans make great weights while balancing a book on your head to strengthen stomach muscles.



**Maintain contact with loved ones who do not live with you.**

Connecting with family and friends is really important and ensures that we do not feel lonely and isolated.



**Help someone today – there may be somebody in your neighbourhood who needs help.**

Reaching out to help someone online or over the phone will brighten their day and yours too. You can do this straight from your lounge room chair! You can get things delivered to the needy person's home without you leaving your house.



**Free apps and online tools** See over the page for some fun and creative ideas.

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There are a lot of free apps and online tools you can download too. This is the time to learn that language, do that course, start that hobby that 'you were going to get to one day.'

## Made to sew

Offers YouTube classes on how to sew. [www.youtube.com/user/madetosew/videos](https://www.youtube.com/user/madetosew/videos)

## Kitchen Quarantine

Michelin-star chef is hosting instagram live cooking classes for everyone.  
**instagram: [massimobottura](https://www.instagram.com/massimobottura)**

## Future Learn

This website has partnered with universities and institutions around the world to provide 2-5 week courses on a variety of topics. [www.futurelearn.com](https://www.futurelearn.com)

## Duo Lingo

Free app for those who want to learn a new language.

## Skill Share

Another online resource offering 2 months of free subscription to access numerous courses.  
[www.skillshare.com](https://www.skillshare.com)

## Origami

Learn to origami. Use scrap paper lying around your home.  
[www.origami-instructions.com](https://www.origami-instructions.com)

## Art classes

10 University art classes you can take for free online.  
[www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online?fbclid=IwAR16Hlbv1qk1uROB08GanLPFOognRSkCBC9Zqzhp8oPLJNLsWuki2ubn910](https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online?fbclid=IwAR16Hlbv1qk1uROB08GanLPFOognRSkCBC9Zqzhp8oPLJNLsWuki2ubn910)

## Reading

Online libraries during 2020 quarantine. [www.shareable.net/14-community-minded-books-to-read-during-the-2020-quarantine](https://www.shareable.net/14-community-minded-books-to-read-during-the-2020-quarantine) [www.growingbookbybook.com/online-literacy-resources/?fbclid=IwAR1dOg\\_3b-pFV6JrmxrkbCXsYED6oolLmc7V7L6jY969FE2Mxly-kqywx8](https://www.growingbookbybook.com/online-literacy-resources/?fbclid=IwAR1dOg_3b-pFV6JrmxrkbCXsYED6oolLmc7V7L6jY969FE2Mxly-kqywx8)

## Math card games

16 card games that will turn you in to a maths ace.  
[www.weareteachers.com/math-card-games/?fbclid=IwAR2qpJqGVNDgSobcUUGLaplQ70-gnAwcAPQaRcUFaFT1QrXUexUFmxvCw1o](https://www.weareteachers.com/math-card-games/?fbclid=IwAR2qpJqGVNDgSobcUUGLaplQ70-gnAwcAPQaRcUFaFT1QrXUexUFmxvCw1o)

## Colouring

Colouring pages, pandemic animals. Free PDF downloads.  
[www.rlmartstudio.com/product/coloring-pages-pandemic-animals-free-pdf-downloads](https://www.rlmartstudio.com/product/coloring-pages-pandemic-animals-free-pdf-downloads)

## Rosetta Stone

Free 3 month subscription to learn a new language.  
[covidhelp.com.au/free-3-mth-rosetta-stone-subscription-online-language-learning/?fbclid=IwAR1u-tQISU1hJb\\_gtSx5bmpGgY9WZt1\\_C08kgIMZpGaceHLGCvM08pxYeeM](https://covidhelp.com.au/free-3-mth-rosetta-stone-subscription-online-language-learning/?fbclid=IwAR1u-tQISU1hJb_gtSx5bmpGgY9WZt1_C08kgIMZpGaceHLGCvM08pxYeeM)

## Melbourne Zoo live cam

[www.youtube.com/channel/UCS9UBqaUtoIXUhX0J1BnxwQ](https://www.youtube.com/channel/UCS9UBqaUtoIXUhX0J1BnxwQ)