

Wellbeing over Easter and beyond

1. Read a classic

There are lots of “best ever” book lists online, e.g. <https://thegreatestbooks.org/lists/13>. Why not take on a classic, or connect with friends/ family so you can form a virtual book group. Many books are available as free downloads, e.g. <https://manybooks.net/>, <https://www.gutenberg.org>

2. Try an audiobook or podcast

If you are bored of reading, try an audiobook instead, or a podcast, there are loads available, many are free. The BBC is a good place to start: <https://www.bbc.co.uk/podcasts>

3. Grow something edible

Growing fruit and vegetables is more fun than it might at first appear. Grab some seeds and a corner of the garden or a few pots and get growing.

4. Try Yoga

If you are looking to relax or deal with stress, try some online yoga. There are loads of options on Youtube, such as: <https://m.youtube.com/user/yogawithadriene>.

5. Learn a new language

Lots of websites offering free online courses, e.g. <http://www.openculture.com/freelanguagelessons>, <http://www.bbc.co.uk/languages/>, <https://www.duolingo.com/>

6. Be part of a research project

Lots of science and other research projects require lots of human input. You could be part of some really big breakthroughs! Zooniverse is the place to get started: <https://www.zooniverse.org/projects/edh/rainfallrescue>

7. Dance yourself fit or join a choir

Ensure you've got all the moves and stay fit at the same time or join Gareth Malone's national choir: <http://www.physiquedancefitness.com/videos/index.asp> & <https://decca.com/greatbritishhomechorus/>

8. Learn your family's story

Ask parents and older relatives to recount bits of their lives from before you were born and record them. Write down the “family recipes”. Use online tools to trace your ancestry.

9. Get Cooking

Whatever standard of cook you are, there is always something to learn, so either master the basics or take on something new.