



# Tip Sheet

## Things To Do At Home

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Photo Credit: Aleksander Vlad

Being at home all day and often alone can be difficult so we have put together some ideas and opportunities to learn new things and keep yourself connected and entertained!

### My Internet is Ready to Explore!

This PDF contains active links, where you see words underlined, this is an active link that will take you straight to the online resource. Enjoy!

- ✓ Join a Meet Up online group.
- ✓ Watch FREE or Premium\* Videos on Talks That Matter.
- ✓ Join an online book club. List of Book Clubs.
- ✓ Hold a virtual dance party on line - use Zoom, Face Time or Messenger to stay connected to friends and family.
- ✓ Make a video or your own podcast using GarageBand (Apple) or Apple imovie.
- ✓ Set up a book club or dinner club on Zoom.
- ✓ Learn How to Meditate Online; or guided meditation on YouTube.
- ✓ Learn an instrument or new dance such as 12 basic Moves of Bollywood Dance (YouTube Tutorials).

\*subscription required

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- ✓ Learn a new language – Free [Spanish Lessons](#); Free [French Lessons](#); Free [Italian Lessons](#); [Duolingo](#) is a good free app with a number of different languages.
- ✓ Listen to a podcast such as [All Aussie Mystery Hour](#) and the [Feedspot Blog](#) lists the top 50 podcasts to listen to.
- ✓ Take a free online course listed on the [Good Universities Guide](#).
- ✓ Take a virtual tour e.g. science works, galleries, zoo.  
[List of worldwide Museums, Zoos and Galleries](#)  
[Museums Victoria](#)  
[Mona Museum - Hobart](#)  
[Scienceworks](#)
- ✓ Watch a live music performance e.g. Morning Melodies offered by the [Victorian Arts Centre](#).  
[Isol-Aid - An Instagram Live Music Festival](#)  
[A List of the 16 Best Live Streams and Virtual Concerts](#)
- ✓ Watch an online movie or performance e.g. [The Australian Centre for the Moving Image](#) has set up an online weekly film nights, while acknowledging it “can’t replace the joy of being in the cinema”.
- ✓ Use exercise videos or apps – Yoga, Pilates.  
[Blogilates](#) offers free PDF workout calendars with links which directs you to the YouTube Video.  
[Nike Training Club](#) is free.
- ✓ Research things to do in your local community or join a cause e.g. make a list of clubs, environmental groups based on your interests.

## Mental Health and Wellbeing

[Lifeline](#) and [Beyond Blue](#) have some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these difficult times.

**To contact Lifeline:** Phone: 13 11 14 (24 hours/7 days)

Text: 0477 13 11 14 (6pm - midnight AEDT, 7 nights)

[Crisis Chat Online](#): (7pm - midnight, 7 nights)

**To contact Beyond Blue:**

Phone: 1300 22 4636 (24 hours/ 7days)

[Chat Online](#): (3pm - 12am, 7 days)

Email: [online.beyondblue.org.au/email/](mailto:online.beyondblue.org.au/email/) – Get a response in 24 hours