

IDEAS FOR UNEXPECTED DOWNTIME

...that minimise costs whilst maximising feelings of connection

Write letters to loved ones



Make birthday cards to use later in the year



Journal thoughts and feelings or write poetry



'Marie Kondo' your house (or just your wardrobe)



Sell things on Ebay/Marketplace



Learn a fun new skill - juggling, an instrument, a new language, macrame, hair braiding, calligraphy...



Bake nice things for your family (and yourself)



Create treasure hunts around the house for kids



Re-decorate a room in your house as a sanctuary



Kick-off the 'thing' you been meaning to do for a long time - write that book, start that new business!



Mend or upcycle broken things around the house



Loose yourself dreaming in Pinterest inspiration

"Get creative. Look for the opportunities in every situation.

Chose to see life happening for you, not to you and see what unfolds."

Jo @ includingcake.com

Create a vision board



Paint/draw/collage



Take time out in nature



Take your regular gym workout to the park or find online sessions



Take an online course (or finish one that you've already bought!)



Tackle some gardening projects



Get out the board games and indulge in family time



Get on top of your admin



Go through your digital photos and create an album or photobook



Create a scrapbook of memories