

101

THINGS YOU CAN DO DURING YOUR 14 DAY QUARANTINE



ANDREW GRIFFITHS & LALITA LOWE

The world may be coming to an end, buy hey, let's look on the bright side. If we don't end up dying in a Zombie Apocalypse, imagine what we could get done in our 14 day forced holiday?

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Andrew Griffiths and Lalita Lowe



OK, clearly this is a weird time. It's hard to come to terms with what is happening, but come to terms with it we must. We're all going to spend time in isolation in our homes, probably working, but still with a whole lot of time on our hands. And that is challenging. So we posed the question to our communities - "what can we do with our time during quarantine?". And the suggestions started to flow.

A very special thanks to everyone who has provided their thoughts on what we can all be doing during extended period of quarantine. Now, most of these ideas I couldn't publish without giving this book an X rating, but what was left over formed the basis of the following pages. And many of the ideas have come from our research and ponderings. Most of dorky ones were from me, Andrew, and the smart, healthy kind of ones are from Lalita.

We hope these ideas help fill your time and make your quarantine productive and maybe a little more fun than it might have been.

Andrew Griffiths and Lalita Lowe

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PS Clearly this is a crazy time for all us. There are all kinds of rules and regulations changing pretty much daily. Stay across what is happening. If you're not allowed to go outside, don't go outside. Be smart, think about your fellow human beings and do what you can to be kind and considered. And please take care of yourself in the coming days, weeks and months. We are in for a roller coaster ride of mammoth proportions, but we are all in this together.

If you'd like to join our Facebook page - here is the link:

www.facebook.com/letskickthisbuginthenuts

QUARANTINE

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1. **START BY WORKING OUT YOUR CV PLAN**

The places to start is with a list, some goals, some aspirational things as well as practical things that you'd like to do during your quarantine time. Now none of us really know how long this current situation is going to last for, so whilst we can watch NETFLIX and eat 2 minute noodles, that is probably going to wear thin after a few days. For me, I'm starting with a list and I'm using the ideas from here to make that list.

2. **ESTABLISH A DAILY ROUTINE**

I think that this is really important. Yes, we've got our plan, now we need a daily routine. It's very easy to just stay in our pyjamas and watch tv all day. That is not the best way to spend two weeks, or longer, in isolation. Be detailed on your schedule, what time you will do each daily activity. Include chores, exercise, reaching out to others, play time, meal times etc. A great routine will be good for everyone, especially kids, old people, pets, middle aged people, men, women and young people. You get the drift. Get your routine on.

3. **FINALLY YOU GET TO WORK YOUR WAY THROUGH THAT PILE OF UNREAD BOOKS**

Let's be honest, as an author and total book addict I'm totally obligated to suggest spending your time in quarantine reading books. If you are like me you'll have a big pile of unread books somewhere, now is the time to get through the list. Remember you can stock up whilst you're in quarantine thanks the good folks at Booktopia (www.booktopia.com.au).

4. **GET YOUR YOGA ON**

Commit to doing YOGA twice a day for 14 days. You don't have to become an overnight Yogi, even starting with some simple stretches to get started will help. There are all levels of Yoga that you can do, from beginner to experienced. There are so many online Yoga classes and apps, that before you know it, you'll be downward dogging like a pro (www.yogaanytime.com).



5. LET'S GET A LITTLE CLASSY HERE

Do a virtual tour of one of the worlds greatest museums. If you've always dreamed of visiting one of the world's great museums now you can, and you all you need is a decent internet connection and some kind of device. Fifteen of the top museums from around the world have gone online with virtual tours (www.thrillist.com/news/nation/virtual-museum-tours).

6. GET A LITTLE OUTDOOR ACTION HAPPENING

If you can get outside - go for it. Perhaps find a quiet space and enjoy a picnic. Every city has its share of picnic spots, from beachside to park, to wild places a short drive away. Spending a little time online will soon give you plenty of ideas on places to go to enjoy some fresh air. But remember to be extra careful with hygiene when using public toilets and of course, keep your distance. I'd get out whilst you can, we might get to a stage where we all have to stay in doors. Remember social distancing wherever you go - dogs are exempt and they will gladly let you know that by raiding any picnic within range.

7. GET A VITAMIN D FIX

Sit outside and get some sun, soak up that vitamin D, read a book, have a nap on the grass. I just spent an hour sitting in the sun and I feel a whole lot better about life. Get your fix somewhere safe, especially as conditions change in terms of where we can and where we can't go. And as always, get some sunshine but don't fry yourself.

8. PLAN OUT YOUR NEXT HOLIDAY

Whilst we might not be able to travel for the foreseeable future, we all know that this won't last - now is a great time to start planning for your next holiday. In fact why not plan out your next 10 holiday destinations - and I mean really plan them out, where you are going, when you are going, how long you are going for, what you want to see - everything? There are many sites that can help you with this, I like to start at Lonely Planet (www.lonelyplanet.com).



9. BINGE ON TED TALKS AND EXPAND YOUR MIND

If you're anything like me you love a good TED talk. What a great opportunity to watch a few TED talks daily. You can search talks by topic and if you want to learn and be inspired, or perhaps have your current thinking challenged, watching a few TED talks every day for a few weeks can only be a good thing. And how about going one step further, plan your own TED talk? What are you going to be sharing with the world? (www.ted.com).

10. SEND SOME MEANINGFUL LETTERS

Sit down and write (yes write, like with a pen and paper) ten letters to people who mean a lot to you. When was the last time you received a hand written letter? For most of us it's a rare occurrence, but a beautiful experience when we do. Tell someone how much they mean to you, what you are grateful for by having them in your life, or just share some fond memories. It might feel a little weird at first, but don't worry, you'll get the hang of it and really make someones day when they receive your thoughtful letter.

11. HOW ABOUT DOING A FASTING CLEANSE?

Want to get a little healthier - maybe it's time to do a fasting cleanse? I've done these in the past and I have to say I've always felt great having given my body a rest. There are all kind of fasts that we can do and look on the bright side, you don't need to buy a lot of stuff to do one. You can also do juice fasts, which are a little easier, and tastier, but of course you're going to need lots of things to juice. There are many, many websites that will offer you advice on how to do a fast.



12. IN THE AVALANCHE OF ONLINE COURSES - TAKE SOME TIME TO LEARN SOMETHING NEW.

There is no doubt that this forced holiday or quarantine is an opportunity. We can use our time wisely, or simply chill out if that's what you need. One of the biggest opportunities is to learn something new - and there will be no shortage of online courses and programmes becoming available over the coming weeks and months. So use your time wisely - do some research, think about where you are going to spend your time and what it is you really want to learn. Done right, you could come out of this period of uncertainty with a whole pile of new skills and knowledge that you can either put to use in your business life or in your personal life.

13. HOW ABOUT YOU START WRITING THAT BOOK YOU'VE BEEN THINKING ABOUT?

Tip Number 3 was to catch up on your reading, how about you catch up on your writing and get that book that you've been thinking about writing, written? Check out my friends at Publish Central for lots of tips and ideas to help you get that book done and dusted (www.publishcentral.com.au).

14. GET A LOT OF REALLY GOOD QUALITY SLEEP

One of the most common responses when I posed the question about things to do during quarantine to my community was "catch up on sleep". I think we can all relate to this and yep, now is the perfect time to really do our bodies and our brains a favour, get our sleep habits sorted and enjoy some long, deep sleeps. Check out the Sleep Foundation if you'd like some tips (www.sleepfoundation.org/articles/healthy-sleep-tips).



15. SPRING CLEANING TIME

Is it time for a serious spring clean (it is at my place)? In the course of a busy life we all have things that need a good clean. Now is the time to get those rubber gloves on and make your home pristine. Imagine how good you will feel if, after a few weeks quarantine, your home is so clean that no self respecting corona bug would dare enter. Maybe even get really serious and clean in those deep, dark places - like behind the fridge, under the washing machine and behind the dryer.

16. LEARN HOW TO PLAY THAT UKULELE?

How about learning to play an instrument of some sort? I've been playing guitar for about thirty years and I'm pretty sure I'm worse today than the first day I picked up that piece of wood and strings. Why? Because I never had any lessons. Once again there are so many amazing online platforms to teach you how to play an instrument as well teachers who I'm sure are doing online classes via the likes of ZOOM and Skype. Your new career as a rock star or perhaps a balcony guitarist could be 14 days away.

17. AFTER YOU GIVE YOUR COLON A CLEANSE WHY NOT DO THE SAME FOR YOUR CLOSET?

Maybe it's time to go through your wardrobe and cupboards and do a clothing cleanse? Look at all of the clothes that you never wear, for whatever the reason. Could someone else be using them? Make some space in your wardrobe and in your life by getting rid of the clothes that you no longer use - do something positive by donating them to a great charity so that they can pass them onto someone in need. If you have kids, do the same with them. No not pass them onto someone in need but go through their clothes and toys and work out what is no longer needed. There will be plenty of people doing it tough in the coming months and the stuff laying around in your cupboards might make a huge difference to their lives.



18. WHEN WAS THE LAST TIME YOU PLAYED A BOARD GAME?

OK, it's time to get out the Monopoly - and all of those other board games that have been gathering dust over the years. Do you remember how much fun it was to get the family around the table playing a board game? It's such a good way to connect (except for the bad losers - they might have to sit this out). What was your favourite? It's probably available on eBay. And if you want to get really creative, why not create your own board game?

19. STAY CALM AND MEDITATE

If you'd like to feel more calm, especially in amongst the stressful times we are facing, learning how to meditate is a great thing to do. This is the perfect time to start meditating and you can start slowly, a few minutes a day, and slowly progress to longer sessions each day. My beautiful partner, Lalita Lowe, has been meditating for over 30 years. I love her dedication and the calm that it brings into her life (www.meditationbox.global).

20. MARIE KONDO YOUR COMPUTER

There will be many business related ideas scattered throughout here, because that's what I do. I love this one - Marie Kondo your computer files. I did this at Christmas - and it was awesome. I had so many old files, old stuff in general, all of which was clogging up my computer and my brain. I worked through everything systematically - from my email to dropbox and everything in between and got rid of those files that simply weren't needed. And it felt AMAZING. So yes, Marie Kondo your computer files. A great idea.

21. MISSION IMPOSSIBLE - GET YOUR INBOX DOWN TO ZERO?

Can you imagine how that would feel to have no emails in your inbox? I have experienced it once or twice and as sad as this might be to say for many reasons, it felt wonderful. I went to great lengths to tell everyone and gloat accordingly. Target zero emails - and then stay on top of the little buggers. It's unlikely that you will get this chance again.



22. HAVE YOU ALWAYS WANTED TO LEARN A NEW LANGUAGE?

Of course now we have a pile of apps and learning platforms to teach us exactly that. One recommended by a few people is the Duolingo app (it has a free version) but there are plenty of online courses, language platforms, or perhaps even reach out and find a language teacher - no issue learning a new language over ZOOM or Skype. And what nice human connection. My friend wants to learn French and her Mum speaks pretty good French. So they have adopted a “we can only speak French around the house” policy during quarantine. How is that for a great way to ramp up the learning?

23. HELP SOME OF THE OLDER FOLKS LIVING AROUND YOU

Make a map of where all the elderly people are around you and make a point of dropping a note in their letterbox with your contact details so they can reach out if they need help. Just knowing they are supported and not alone will go a long way to help them through this.

24. DO A DAILY SIT UP CHALLENGE

Tighten those abs. OK, has there ever been a better time to commit to a daily ab challenge? Imagine if you come out of this issue with a 6 pack? Who wouldn't want that? And with the potential for a lot more couch time coming up, we want that 6 pack on our belly not our butt. Find an ab buddy to do a daily check in with and to keep your accountable.

25. DO AN EARLY MORNING OR LATE AFTERNOON WALK

Go for an early morning or late afternoon walk or both. Sure, avoid the places where there are lots of people, but exercise is going to be one thing that we could all easily stop doing during the quarantine and post quarantine period. Set your 10,000 step goal on a daily basis and your body will love you for it. And of course make sure you are across all of the do's and don't around quarantine.



26. START YOUR OWN PODCAST SHOW

If you've always wanted to start your own podcast show, now is the perfect time. You can plan the show, do your interviews, produce it and bank some episodes so that your new followers and fans can binge on your show. Here is a really good new platform for podcasters - www.descript.com.

27. FOR THE CRAZY DOG OWNERS OUT THERE

(I'm one) - A particularly cute idea that was sent to me was to make some outfits for your pets. Perhaps help them to get their best super hero look happening. Now I'm not sure that I love this, but I'll get a lot of enjoyment out of watching the videos on Facebook.

28. GET YOUR ART FUNK FLOWING

Learn to paint, sculpt, draw or even do mosaics. What a wonderful opportunity to get your creative juices flowing. There are so many online courses and artistic platforms where you can learn whatever your particular artistic bent may be. This is good for the brain and good for the soul.

29. WHEN WAS THE LAST TIME YOU GOT TO REALLY ENJOY YOUR MUSIC?

Create some new playlists on Spotify or iTunes. Who has the time to do this normally? Imagine spending a day listening to your favourite songs and getting lost in nothing but music. Sounds like a very good way to spend a day if you ask me.

30. THIS IS THE PERFECT TIME TO START A VEGGIE GARDEN

If you've been battling the crowds trying to buy food, why not start your own veggie garden? You don't have to become a commercial farmer, start with a couple of plants, easy things to grow like tomatoes. Then you can gradually build up your urban farm. (www.bhg.com.au/grow-a-vegetable-garden).



31. LET'S NOT GET ALL DARK BUT IS YOUR WILL IN ORDER?

Without being too glum and forlorn, maybe this is a good time to get your Will updated. A lot of people don't have a Will and in the worst case scenario it can lead to all kinds of issues. PLUS, if you've got some time to think and plan your Will, you can actually have some fun with it. Think about who gets what and who doesn't? Leave some funny messages and funny gifts perhaps. Talk to your family about your legacy. Talk through with your spouse and kids about Wills, Enduring Powers of Attorney and any other care needs in the future. It's much better to have these discussions up front, but pick your timing.

32. LEARN HOW TO USE THAT PIECE OF SOFTWARE OR PLATFORM THAT YOU REALLY NEED TO MASTER

Learn a new piece of software that you've been dabbling with but not mastering. Once again, there are so many tutorial options that you can generally use for free. A programme like Photoshop is complicated and it takes time to master. Spend a few days working on this and who knows what opportunities will arise?

33. REPAIR THOSE CLOTHES. CLEAN THOSE SHOES

You know that pile of clothes that need to be repaired? The shirts without buttons, the zippers that need replacing, the shoes that need new laces - now you've got the time to actually either fix them or drop them off to get repaired. And whilst your at it, give those shoes a polish. I know right, sounds riveting, but there is something very therapeutic about getting our world clean, repaired and all fixed up.

34. WHAT A GREAT TIME TO GET YOUR VISION FOR THE FUTURE CLEAR

How about spending some time to work on your vision for your life? Visioning is a great tool to help us create the life we want, but it's hard to think clearly about this in the hustle and bustle of normal life. With some downtime, you get to really think long and hard about what you want out of life. And a great resource to help you with your visioning can be found at www.myvisionbook.com.au.



35. HOW ABOUT LEARNING HOW TO COOK A COUPLE OF REALLY GOOD MEALS?

Grab one of those cookbooks that has been gathering dust on your kitchen shelf and start working your way through the recipes. I'm doing that with a fantastic book on cooking seafood - Australian Fish and Seafood Cookbook, available from Booktopia. And there are some amazing online baking courses. We've started baking bread - sure it takes about 10 hours and there is no shortage of bread out there, but it's all about the experience damn it.

36. ENJOY SORTING THROUGH ALL OF YOUR OLD PHOTOS

Have you got boxes of old photos stashed away somewhere? I know I have. What a great time to sort them out, put the ones you want into photo albums. Sadly printed photos decay over time and it's only when we are doing something like this that we realise how many old memories we have already lost.

37. GOT A FEW FRIENDS WHO YOU'VE BEEN MEANING TO CALL?

Reach out to one close friend every day and set up a coffee call. Do it over ZOOM or Skype and just have a great conversation. Reconnect with the people who you have been too busy to talk to for a long time. Ideally reach out to more than one person a day, reach out to lots of people.

38. BLOKES - GET YOUR SHED IN ORDER

To the men in the group, it's time to give the shed a decent clean and sort. Over the years it can get pretty full in there, it's time to address that issue and make some room in your man cave so that you can actually sit in there and do secret man stuff.

39. BLOGS ARE MORE POPULAR THAN EVEN, AND I THINK YOU'VE GOT LOTS TO SHARE

Maybe this is a great time to start your own blog? You've got the time on your hands, and I'm thinking that you've probably got something to say. It's easy to set up a blog - google it.



40. DON'T RESIST - WATCH SOME MOVIES AND ENJOY EVERY MINUTE

Not that we need much encouragement to watch a few movies, but how about binging on some serious old classics? Especially the ones that portrayed the world in a simpler time. One of my favourites is "What a wonderful world". But you choose. I'll be doing a few binges of escapism movies like Lord of the Rings, the Star Wars trilogy and more. Nothing wrong with watching some movies, but maybe don't just watch movies for the entire 14 days. Or do, it's up to you.

41. HOW IS YOUR CAREER GOING? MAYBE IT'S TIME FOR A CAREER AUDIT?

Is it time for a change? What does it look like if you do that? Where do you start? What skills do you need to develop? Do you need to get some new qualifications? There are so many opportunities out there, take stock now and make some big decisions if you're not happy and then develop your plan.

42. IF YOU OWN A BUSINESS, START PLANNING FOR WHEN THE TIDE TURNS

For the business owners, let's be honest, we could come up with 101 things just for you to do whilst in lockdown mode - and probably hundreds more. So I'm thinking about the business type things that I'll be doing and to get the ideas flowing. The first and most important thing to do is to start planning now for when things improve. We aren't going to be in lock down mode for ever, and once the wheels start turning again, there will be demand for everything. Remember after every tough time there is a good time. We need to make sure that our businesses are set up and ready to cope. Develop your plan now for what you will need to do to be ready.



43. THIS IS GREAT OPPORTUNITY TO MASTER YOUR PHOTOGRAPHIC SKILLS

Work on your photography skills - so many of us are into photography these days, thanks mainly to the incredible resources we have in our mobile phones. Learning to use our phones for photography is something that takes some time and focus but if we invest a little of both, the results can be stunning. And of course, there are a gazillion online tools to help aspiring photographers to get better.

44. DOES YOUR CAR NEED SOME LOVING?

Is it time to give your car a serious overhaul? When was the last time you washed and polished your car? Sounds like fun right? Well dollars might be a little tight, and with time on your hands, it might be time to get out in the fresh air and spend a morning giving your car some TLC. It is very satisfying to clean anything - no seriously it is - and as much as it's easy to go to a car wash and have someone else do it, maybe taking pride in a doing a job well is what is needed now. And of course, this might be an activity that you could get the kids involved in, with some added incentive of playtime by chasing everyone with the hose.

45. HOW CAN YOU GIVE BACK WHEN YOU ARE IN LOCKDOWN?

One thing that often comes out of challenging times like this is a desire to help others. Sure, there are those people who get caught in the hysteria, but generally, once we get into a groove, everyone calms down and starts to look for ways to help. Now you can do this directly by reaching out to neighbours of course, or perhaps you might want to look at ways you can help in the longer term. Perhaps do a counselling course of some sort to help you volunteer for an organisation like Lifeline? Or do a caring for wildlife online programme? Volunteering is an incredible way to give back and now you might have the time to think about how you can give back and what you need to do to make this happen.



46. ATTACK THE KITCHEN

And no I don't mean eat that litre tub of Ben and Jerry's. It's time to get ruthless in the kitchen - open those cupboards that have just become stockpiles of old tins, jars and packets - and work out what needs to go. Do an expiration date audit. It's a little scary. I did this a while back and found I had various items that were up to 10 years (yep, ten years) past their use by date. Seriously? What is wrong with me. Get rid of everything that needs to go and make some space in your kitchen. You don't have to fill it, just enjoy being able to see what's actually in your cupboards. You might want to do the same with the freezer (let the mystery meat go).

47. BUY SOME CHICKENS

Apparently there has been a surge in the number of people buying chickens to ensure they have a good supply of eggs. Now whilst there are no food shortages apart from the ones caused by lunatics buying a years supply of Vegemite, having the responsibility of looking after a couple of chickens could be a bit of fun for the family. Of course they aren't exactly the type of thing you can lose interest in - they are a commitment, so those eggs come at a price. And they aren't as easy as goldfish, so probably not the best option for apartment dwellers.

48. DO A TREASURE HUNT

Now we can do this for kids, with special treats or other fun stuff, but we can also do it with each other as adults. Lalita has a penchant for a particular chocolate bar, Pana chocolate and it has to be mint. So I hid a few bars around the apartment, and at those moments when the words "I really want some chocolate right now" came out, I casually told her that there was a bar somewhere in the apartment. Now this can backfire if you don't make it relatively easy for your human to find it - so be aware. But it is fun.



49. DONATE SOME BLOOD

If you've been thinking of becoming a donor, or it's a while since you donated, I'm pretty sure the blood bank will be happy to see you. There will be some stringent health practises of course and you'd want to dose yourself in sanitiser, but there will be a huge demand for blood and blood products in the coming months and with fewer people being out and about, our blood is needed. The best thing to do to find out more is visit www.donateblood.com.au or call 13 14 95.

50. 101 IDEAS TO KEEP YOUR KIDS OCCUPIED

Keeping the kids entertained (and your sanity intact) will probably be one of the biggest challenges. I came across this article on FORBES, which actually offers 101 ideas to keep your kids busy during coronavirus closures - this should keep you and the kids occupied for a while www.forbes.com/sites/tarahaelle/2020/03/15/101-ideas-to-keep-your-kids-busy-during-coronavirus-closures/#f83b90174a4a.

51. TURN YOUR JUNK ROOM INTO SOMETHING FAR BETTER

Have you got one room in your home that you've been meaning to tidy up and turn into something? I've got a junk room that I keep threatening to turn into a studio to film my videos for social media. It's a constant battle between having it as a junk storage room, a clothes drying and ironing room and everything but a studio. This all changes now - I'm determined to use this room more productively so that starts now. You've got the time, so get what you need to paint, arrange, store, clean or whatever needs to be done and make that one frustrating place in your home a room you love.

52. SEE HOW YOU CAN HELP ANIMALS SHELTERS OUT

There will be a lot of need for helpers at Animal Shelters in coming months and sadly there will probably be a lot of animals handed in as people struggle with paying for food and vet bills. Can you donate some time to help out with cleaning and exercising and of course playing with animals at a local shelter? Or maybe even look after an animal for a while?



53. LEARN HOW TO MAKE BALLOON ANIMALS

Who doesn't love balloon animals? Well now you can spend time learning how to make them and you'll become the life of every party and social gathering for years to come. To find out how to master this craft, simply go to You Tube and you'll see about a million videos guiding you through the world of balloon animals. And of course there are no shortage of places where you can buy balloons - I'd start with Amazon but there are lots of smaller stores that sell balloons online, delivered to your door, so I'm all for supporting small businesses however we can.

54. BUY AN AUDIBLE MEMBERSHIP

Who doesn't love a good audiobook? And of course now there are tens of thousand to choose from thanks to the likes of AUDIBLE. So much to learn and hours to spend learning it.

55. DESIGN YOUR OWN APP

Now you don't need to do all of the tech stuff, but why not put some serious brain power into thinking about your app? A great app starts with a big idea and some research to make sure it doesn't already exist. I'd suggest looking to solve a problem with your app.

56. BREAK OUT THE CAULDRON

This is a really good time to start some bulk cooking with a big pot of soup, spag bolognese or curry and make lots of ready to eat packs of hearty food that can be heated up in a few minutes. Get the kids involved in a "cookathon".

57. DIGITISE YOUR OFFICE

We've all got piles of documents that fill shoe boxes, bags and draws. In a few hours you could have them all scanned and fully digitised - and filed away. How good would that feel?



58. TEACH YOUR DOG SOME NEW TRICKS

Even if you've got an old dog, rest assured you can teach them new tricks. Remember your pets are going to need some stimulation during mandatory isolation - and teaching them to do new tricks is very good for that (and you). We can also hide treats around the house and let our pets go on the hunt. This is fun for everyone.

59. LEARN TO KNIT, MACRAME OR CROCHET

So, this might not be for everyone, but it sure is a productive way to spend a few hours. It won't take much to order some wool online and there are a million sites that will gladly teach you how to knit a scarf, macrame a wall hanging or crochet a new suit (ok, maybe start with a doily).

60. DO A FIRST AID COURSE

This could come in handy in many ways, not just now but into the future. There are lots of first aid courses that can be done online. Do you know how to do CPR? Or what to do if someone gets bitten by a snake? These are great skills to learn and it's a good confidence boost if you can keep your cool in a crisis situation.

61. HAVE A COSTUME PARTY

Now this would be fun with the kids or you could possibly do an adult version of this as well (I'll leave that to your imagination). You can come up with all kinds of themes. The more I think about it the more I like the idea of this. It's corny and fun.

62. WHEN WAS THE LAST TIME YOU REARRANGED YOUR HOUSE?

There is something very therapeutic about moving our furniture around. This might be in one room or the entire house. It can be a good way to interrupt any negative thinking or wallowing. Action is a good way to change mood.



63. HOST A VIRTUAL DINNER PARTY

You can invite a group of friends to a virtual dinner over ZOOM. Make a menu, everyone can cook it, kick off at a specific time and enjoy a great night with a virtual party. You can play party games, compare wines, talk about life, the universe and anything else that helps you feel connected to others.

64. HAVE AN INDOOR PICNIC

Yep, go all out. Get out the blanket, make some nice food, grab a bottle of wine and have an indoor picnic. You might just have fun. The idea is to mix up your routine and do fun things to shake up your enforced inside time.

65. LEARN HOW TO TOUCH TYPE

Of all the skills we could learn this is one that could really come in handy. Have you ever wished that you could type really fast? There are hundreds of online platforms where you can learn to touch type. I taught myself - by typing in the dark so I couldn't see the keys. I don't think it was good for my eyes, but I learned to type really fast and I'm so glad I did, especially as I'm a writer.

66. HAVE YOU EVER MADE JAM? OR CHUTNEY?

It's a great feeling to have a big pot of fruit stewing away, adding the sugar and then loading up jar after jar of really yummy, fresh jam. And of course you get to enjoy it for months. You can make some jam and give it to your neighbours to help boost their spirits or post some to family and friends, or just go crazy and eat it yourself.

67. GET ON THE PHONE AND RENEGOTIATE YOUR CREDIT CARD RATES

Apart from the obvious fact that money is getting tight, from my experience banks don't tend to offer lower rates but if you ask them, they don't seem to argue too much about lowering your interest rates. The money is far better in your back pocket than their deep coffers.



68. WANT TO SEE MORE CLEARLY?

Get out there and clean all of your windows. I know right, imagine how much fun this will be? OK, I know, it's not exactly going to be fun but it will make you feel better. Cleaning is good for the soul and clean windows give us a better perspective on life in general.

69. LEARN HOW TO CODE

Of all of the things we could learn, I get the feeling coding is right up there. If you can code, you do a great deal of other things and that makes you appealing on the job front. Kids are learning to code in school, so you can get on the bandwagon. Once again, there are no shortages of online courses and schools that will teach you coding.

70. BUILD YOUR VOCABULARY ONE WORD AT TIME

Grab a dictionary and start looking for new words that you can build into your vocabulary. Even just learning one word a day will help and imagine how smart you will feel when you drop "agastopia" into the conversation. Go on, google it.

71. DO A REALLY DEEP DIVE ON SOMETHING THAT YOU ARE INTERESTED IN

I love animals and I know a lot about animals, but this extra time is giving me the opportunity to really dive deep on a few animal species that I'm fascinated with (Great White Sharks and Bears). I'll read, watch videos, research websites, look at video cams. Learn, learn, learn. I never get the time to do this in amongst the hustle and bustle of my normal day to day life.

72. START A VIRTUAL MASTER MIND GROUP

I'm a part of Master Mind group of fellow professional speakers. We are still meeting regularly and it's wonderfully supportive and stimulating. Could you start your own Master Mind group? You need some goals and guidelines and you want the right people on the call. When we've all got some time on our hands virtual meetings can happen once a week. The support network is really good during a tough time.



73. SET UP A FISH TANK

Is there anything more soothing than spending an hour watching fish swim around in a tank? Whilst it's a challenging time to go and buy stuff, you can get a lot of things online and maybe you can duck into a pet store that's open and even just get a few gold fish and some plants. I've always had fish tanks and somehow life always seems better because of them.

74. LEARN TO PLAY CHESS

Ideally get someone else to teach you the stimulating game of chess, or if you are on your own or you can't find someone to teach you, there are plenty of online platforms and apps that will teach you to play. Chess is one of those games that you never really master, making it a skill to grow for many years.

75. BECOME A TAI CHI MASTER

Tai Chi is really good for both the brain and the body. It's really easy to find online Tai Chi classes. It's peaceful, gentle and calm and a surprisingly good workout for the body. OK, it's ZUMBA but it gets the body moving in a gentle way that combats hours of inactivity. Tai Chi is a good thing to do when you first get up and when you are getting ready for bed.

76. THIS IS A GREAT TIME TO GET YOUR DANCE MOVES ON

Now this could be something you do with your partner or it could even be a solo activity. Work on those dance moves, how handy will this be when your period of isolation is done and dusted. If you want to get really serious you could issue a challenge amongst a few friends and have your own dance off. Now I don't know the details of doing this but I'm pretty sure that if this idea appeals, you'll figure out how to do it.



77. EVEN THE GOOD OLD JIGSAW PUZZLE CAN SAVE THE DAY RIGHT ABOUT NOW

Do you remember doing jigsaw puzzles as a kid? I don't but I'm told they are fun. A lot of people emailed me and suggested that these are a great way to while away a few hours, either solo or with the family. And there appears to be a high sense of satisfaction that comes with putting that last puzzle into place.

78. START A FAMILY SCAP BOOK

How nice to spend some time building a family scrap book? This can be filled with all kinds of memories and moments collated over the years. Maybe you do a yearly scrap book, or even your "ISOLATION SCRAPBOOK". Remember the key is to have fun, stimulate our brains, do stuff together and use our time wisely.

79. HAVE A CHARADES NIGHT

This is an oldie but a goldie. Charades is a lot of fun and it is a really good way to get people laughing and moving. It doesn't take any special tools or equipment, just a sense of imagination and clarity around the rules (do a search for Charade Rules - lots to choose from, some simple some like the Hunger Games).

80. LEARN HOW TO BUILD WORDPRESS WEBSITE

Earlier I suggested learning to code, well I'd also suggest learning how to use WordPress. What kind of websites could you develop if you knew how to use WordPress? Once again this is a really practical skill that will not only help you while away some time but also give you a new skill that could help you post CV. Where do you start? All roads lead to Uncle Google.



81. CREATE YOUR OWN COCKTAIL

OK, it's probably going to get to this at some stage, when the bar is opened. Now I'm not saying you should spend the next few weeks drinking, absolutely not. But it would be fun to develop your CV Cocktail. Share it with your friends and even host a virtual cocktail party, where everyone can share their recipes, and make these new drinks collectively. I like the idea of this. And I think it would be a lot of fun.

82. GET RID OF ALL OF THOSE OLD CABLES AND OLD TECH

We've all got piles of old cables, computer equipment, the odd printer and a draw full of old mobile phones. We keep them simply because we don't know what else to do with them. Gather them all up and if you don't know what they are, hand them in. Now, speaking of which, what the hell do you do with all of this old and useless tech? There are lots of recycling programmes in operation. Most councils offer some kind of tech recycling programme, but so do big retailers like Harvey Norman and Officeworks. Do a little homework and you're bound to find someone close to you who will take your tech junk off your hands once and for all.

83. PUT SOME FERTILISER ON YOUR FAMILY TREE

Maybe it's time to map out your family tree? Genealogy is a lot of fun and a good thing to do when the family are in lock down. It's time consuming but in a nice way. Most families have one person who has a keen interest in working out the family tree, give them some encouragement to put a little fertiliser on it and get that shrub growing.



84. DID YOU DO A TIME CAPSULE AS A KID?

I didn't but lots of people did. This could be a fun thing to do with your kids now. Put some thought into it, make it a nice ceremony. If you can't bury it in a garden, seal it in a box and put a little magic around it. Make it a big deal and decide what date you will open it. Remember to put a newspaper in there from the day you make it. Nothing shows the passing of time as well as an old newspaper.

85. RENOVATE AN OLD PIECE OF FURNITURE

Duck down to the local hardware before they are all shut, or if it's too late buy some materials online. Find that old chair or table, or bookshelf, or anything else and give it a makeover. You might want to restore it back to new, or give it a complete makeover. This is a fun, creative, satisfying thing to do over a few days. And another good one to get the kids involved in.

86. DO YOUR OWN ICE BATH CHALLENGE

OK, this one is not my favourite but hey, if you're one of the people who have some desire or fascination to become a human cocktail - buy some ice from the local petrol station, fill the path or the toddlers pool and dive right in as often as you feel the need.

87. MAKE YOUR GARDEN WILDLIFE FRIENDLY

This one I like a lot. What a great time do some research and figure out how to make your yard (or even just your balcony) wildlife friendly? And it does pay to do some research because it's a little different everywhere. Setting up a pond in cane toad country is a great way to help breed millions of these little monsters. Likewise a bird feeder in a yard with cats provides a lovely little buffet for the local felines. So do some homework, but how cool would it be if you could get local wildlife coming into your garden? And this could be everything from bees to birds, to local mammals.



88. INTERVIEW YOUR GRANDPARENTS

No one lives forever, sadly. And when our older folk pass away, they take with them many memories and stories that can be lost forever. A very cool thing to do is to interview your grandparents. Record it on your phone, ask them about their childhood, their work, their family and friends, their life through the years, get them to share their story. This is such a powerful and in my opinion, important thing to do. A friend of mine did a video interview with her Grandmother, not long before she passed away. She told her story of life in East Germany just after the war. It was fascinating and a priceless memory of an extraordinary lady. This is a very good thing.

89. EVERYBODY IS KUNG FU FIGHTING

We've spoken about doing everything from Yoga to Tai Chi, so why not include learning some martial arts? This could come in handy if there is a Zombie Apocalypse, just saying. Now you can do online martial arts programmes or you could binge watch Bruce Lee or Chick Norris movies and practise your moves. Either way, you'll have some fun and do a bit of physical activity.

90. DO A SPEED READING COURSE?

If you're keen to learn stuff and reading is your thing, do a simple speed reading course online and ramp up your learning. There are a number of techniques that can be used, pretty much all of them will achieve what they say. Imagine reading a book a day over 14 days?

91. WHAT COULD YOU DO AS A 14 DAY CHALLENGE?

What are some of the things you'd like to change about yourself? Be healthier? Do more exercise? Do something everyday - like YOGA? Why not set yourself up for a 14 day challenge? Reach out, find a few friends who want the same, make it public, do a daily check in and go for it. This is a proven way to make changes and there really is no limit to what you can do. Be creative and perhaps break a bad habit. Time in isolation could easily be wasted, this is a way to make the most of it.



92. BAKE SOME HEALTHY DOG TREATS

There are plenty of recipes for healthy dog treats online. Maybe you could come up with your own recipes. Your poochy will love you for it and if your neighbours have dogs, why not share the love? This is a great time to support those who live around us, just don't get offended if people are a bit paranoid about getting too close to you. That's a good thing, we should all be hyper vigilant of contact.

93. DO A DAILY VIDEO DIARY

Start a simple video diary where you record what's going on for you during this time. No one else has to see these videos, they can just be for you. You can get your frustrations off your chest, treat it like a diary. We all feel much better when we share our feelings, even if it's just to our camera.

94. CROSSWORDS AND SUDOKO ARE GOOD FOR THE BRAIN

Now this might seem simple and obvious, because it is, but just sitting down with a good cup of coffee and taking your time to work through a crossword or a sudoku can be very relaxing and calming. Do one a day and you've managed to pass an hour or two.

95. HAVE AN OPEN MIC NIGHT

Yep, get your comedian on. You can do this face to face if you're isolated with the family at home, or do it online via ZOOM. It's your chance to really get those comedic urges out once and for all. What a fun thing to do with a group of friends who are all frustrated comedians.



96. BOOST THAT IMMUNE SYSTEM

Everyday I juice oranges, turmeric, ginger and garlic and add some black pepper. This witches brew is really good for boosting your immune system and we all need to do what we can to help our body resist this nasty bug. I know there are lots of posts online about the various things that will keep CV at bay, but a lot of them are absolute rubbish, so do your homework. From my study and research, a really strong immune system is the absolute best thing we can have. Feel free to rub garlic on your nipples but do it with a strong immune system.

97. RETHINK YOUR BUDGET

Yep, all of our finances have gone funky in amongst this crisis. People have lost jobs, small business owners revenue has dried up. This means we need to rethink our budgets and this is the time to do it. Don't panic, just deal with the reality of the situation and look for ways to shave your living (and business) expenses off a little (or a lot). These changes are not forever, but right now, plan for the reality of the situation.

98. GROW A BEARD, DYE YOUR HAIR

GO A LITTLE CRAZY - this is just some fun. Have a beard growing competition with some buddies, ladies try new hair done from the comfort of your own home. Don't take yourself too seriously right now. If we can be playful and a little lighter, this might just rub off on those around us.



99. KEEP WORKING TO A SCHEDULE

There is a pile of stuff out there about helping people to make the transition to working from home. It's not an easy transition. I've been working from home for years, but it does take discipline - and establishing routines and rituals. Now it's more important than ever. So earlier I mentioned the need to establish a good daily routine, make sure you have a good daily work routine as part of this. Try different things, know when you need to reach out to others, work to a clock, stay on track and be careful of distractions that are abundant when working from home, especially in the midst of something big and tough going on outside.

100. HAVE A DAILY CONVERSATION ABOUT GRATITUDE

In tough times it's really easy to focus on what we don't have and what we've lost. This can lead us into a downward spiral. Over my life I've always found much greater comfort in focusing on what I have and what I'm grateful for. There is always a positive, there is always something to be grateful for and believe me, no matter how bad things may be, it can always be far, far worse. Try and have a daily conversation that focuses on gratitude - with others or even just with yourself. It can and will make a big difference.

101. WHY NOT COME UP WITH YOUR OWN LIST OF 101 THINGS THAT YOU COULD DO?

OK, this could be a cop out, but we had a lot of fun talking through, researching and compiling this list. Maybe you could come up with your own 101 ideas? Good luck. It's both easier and harder than you would imagine.

PLEASE SHARE THIS eBook WITH AS MANY PEOPLE AS YOU CAN.

