



**You will need paper, stationary or a computer.**

Make a list of all the hobbies, activities or challenges you have always wanted to try. Narrow the list down to things you can do safely during lockdown and over the next week practice your activity.

**Make it harder**

Produce a diary, timeline or video montage over the week to show your progress.

Make a list of the things that you are good at and over them starting with what you are best at.

Make a list of the things you would like to get better at and make an plan to do it.

**Make it easier**

Make a list or draw the things that are good at.

