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50 THINGS TO  
DO WHILST  
SOCIAL  
DISTANCING

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FROM YOUR START TO SUCCESS TEAM



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1. Get on the Houseparty app to group chat with your friends and catch up.
2. Test your knowledge with a virtual pub quiz - have a look at Hashtag Quiz Live for a daily quiz at 7pm and 9pm.
3. Try out writing a daily list of thing you are grateful for, these can be really simple such as 'cup of tea' and 'cat'.
4. Join in with the daily Body Coach Joe Wicks at home workout.
5. Set up a Netflix Watch Party and watch a film with your mates.
6. Play a virtual board game using boardgamearena.com
7. Visit the Edinburgh Zoo and see the Penguins, Koalas, Pandas and Tigers using their live web cams.
8. Clear out your wardrobe and put some old clothes to one side ready to donate to charity in the future.
9. Learn a new recipe or cook your favourite meal.
10. Host a virtual coffee morning with your friends using Zoom and check in on each other.
11. Watch an online concert including live streams from Diplo, Harry Styles, Chris Martin, Christine and the Queens and Dua Lipa.
12. Do a jigsaw puzzle to challenge your brain.

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13. Take a self-guided virtual tour through top museums and cultural sites around the world at Google Arts & Culture.
14. Listen to a new podcast, or even better, start your own!
15. Get mindful by doing a 'Yoga with Adriene' video with her 30 days of yoga programme.
16. Learn a new language using Duolingo - you can choose from 36 languages including Italian, Arabic and Russian.
17. Get stuck into those books you've always been meaning to read.
18. Film a new Tik Tok or start an account.
19. Watch a 'Better than Yesterday' or 'TED talks' video on YouTube
20. Learn something new! The Open University has a selection of free courses available.
21. Play virtual Cards Against Humanity. (note: many people will have come across this, but if you haven't and you are easily or even not so easily offended this is definitely not the game for you!)
22. Start a virtual book club with your friends or join an existing one. Take a look at Goodreads.
23. Download Headspace and try out some meditation.
24. Host a virtual dinner party with your friends, get on video chat and all cook the same dish.

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25. If you're into classical music, The Metropolitan Opera is streaming past performances each night.
26. Experience the Cincinnati Zoo Home Safari where each day they will show you one of their amazing animals.
27. Tidy and clean the house.
28. Get your adrenaline going by searching for virtual reality roller coaster rides.
29. Always fancied learning guitar? Fender Play is offering three months of free virtual guitar lessons.
30. Broadway musicals and shows are available to stream for free online through BroadwayHD.
31. Check out Birmingham art collective Dragpunk who have been hosting live, interactive drag shows.
32. Stay fit and healthy using the NHS 10 minute workouts.
33. Use the Houseparty app to do quizzes and play Heads Up and Pictionary with friends.
34. Get some fresh air (in line with government advice) such as a walk a day.
35. 'The Mix' are a really good charity that have a lot of advice and support about Covid-19.
36. Remember the good old times. Make a scrap book of your favourite holiday.
37. Get baking! You could even set up a virtual Bake Off between your friends.
38. Let your creative juices flow, 64 Million Artists have launched a two-week daily creative challenge you can get involved in.

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39. Start a blog. If you've got a particular talent or interest, now is the time to share it with the world.
40. Make a travel bucket list for when all of this is over.
41. Watch a classic film that you've always wanted to see but never found the time.
42. Alphabetise or colour code your book shelves. Simple yet satisfying!
43. Do some Sporcle quizzes - there's hundreds of topics, but you could try to learn every country in the world!
44. Learn how to Python code in just a few hours.
45. Sort through your email inboxes, and feel super organised afterwards.
46. Keep a journal to document how you're feeling each day. It's ok to feel worried and upset, and it can help to note these feelings down.
47. Decide what would be your specialist subject on Mastermind, and learn everything you need to know.
48. Download The Truth Comes Out app and play with your friends.
49. Get your mates to recommend a new band or singer, then return the favour.
50. Most importantly, make sure you take steps to look after your mental health. The NHS Every Mind Matters app is a good place to start.

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