

My Lockdown by Meg Clark

Just after Lockdown I came across an article on productive things to do during lockdown.

Firstly “a walking route” was established to start the day on the right foot!
Creating a home gym – was “hurtled” into the Zoom world as my Pilates class moved online.
Found many free exercise classes online from from gentle to strenuous – that took care of the self-care item.

Upcycling and sorting clothes was next task to tackle – many black bags later my cupboard looked quite empty.

Baking and cooking was next on the list. Bread and cakes from recipe books that hadn’t seen the light of day for many a year! Sharing and swapping with the neighbours became a weekly thing.

Next was to try and keep the brain working. Found very good free language App: Duolingo
It offered a wide variety of languages and I decided to give French a go!
Lumosity was useful for “brain gym!”

Listening to podcasts and radio while doing the unpleasant but necessary household chores helped to pass the time. “Desert Island Discs” and “Armchair Explorer” are my present favourites but there are some amazing choices available.
Tunein Radio provided free variety of different radio stations.

Many sites offer free online courses:
Amongst others Udemy, Harvard University and Alison.

Another useful discovery was Audiobooks – found my concentration wasn’t always so good during lockdown, so being able to do chores while listening to a story was very useful.

Also found many interesting and informative sites on YouTube and Facebook.
Looks like we are going to be “locked down” for some time longer so plenty of time to explore a few of these sites that may be of interest to you.
P.S. Am attempting to grow Microgreens for this week’s activity!