

Make and Create

Activities for being at home to support your self-care.

Take those old magazines sitting in a pile on your coffee table or in a draw, use them for making art work such as a collage or for weaving.	Paint.	Make play dough from items in your pantry.	Design your own board or card game.	Write.
Play a musical instrument.	Make a musical instrument.	Sing.	Dance.	Create a sculpture.
Create a character from a found object.	Use nature to make an art work, table piece, or a display.	Create a mind map.	Sketch.	Set up clothed life drawing with your house mates or family.
Create a meal using the machines and cooking utensils in your home you haven't really had a chance to explore.	Make pasta dough (with capacity to make extra for the freezer).	Make mini books.	Create graphic story or comic.	Plant seeds and nurture them.
Undertake some home science experiments.	Try a new recipe.	Paint rocks and turn them into characters or affirmations with visual representation to remind you to be grounded.	Keep a photo diary.	Create a radio show.
Paper fold.	Knit, crochet, or sew.	Gardening.	Create a sock puppet with the odd socks at the bar of the cupboard.	Cloud spot and create stories about the shapes and what might be happening.
Write a poem.	Explore a new writing genre.	Book binding.	Create a blog.	Write a blog post.
Create a puzzle that someone else can complete.	Learn some magic tricks.	Blow bubbles.	Chalk drawing.	Build a cuddly house inside or outside.