



NATIONAL FOUNDATION FOR  
Deaf & Hard of Hearing



# Stay-cation Activities



- **Mindfulness Colouring:** If you have a printer, print off a **mindfulness colouring** page. There are a range of wonderful designs you can download for free. Check out Twinkl's selection: [www.twinkl.co.nz/resource/t-c-1551-adult-colouring-mindfulness-colouring-sheets-bumper-pack](http://www.twinkl.co.nz/resource/t-c-1551-adult-colouring-mindfulness-colouring-sheets-bumper-pack)



- **Create a new morning routine:** Now is your chance to try out a new routine. Plan the first five things you'd like to do each morning. Try a few new routines on for size to see which one fits the best.



- **Travel the world from your own home:** Pick a country that you'd love to visit and spend a day immersing in the **culture**. Make their regional dishes, learn a few words of the language, watch films in that language.



- **Learn to count 1-10 in Te Reo Māori:** Tu and Moe are great teachers. Have fun learning with the family: [www.youtube.com/watch?v=keG4l1R8jyl](http://www.youtube.com/watch?v=keG4l1R8jyl)

- **Write 5 things you're grateful for when you wake up in the morning:** Keeping a **gratitude diary** is a powerful way to create a sense of wellbeing.



- **Take an NZSL Class at our Facebook Page:** Join us on Thursday the 9th of April for a NZSL class on our Facebook page at 12 noon!



- **Make a music playlist for your friends:** Compile your **favourite songs** and share them with someone you care about.

- **Do an online exercise class:** Even better, arrange to do the class with someone, either in your bubble or via video chat.

- **Play a board game or cards:** Get together with your bubble and **play a boardgame** or play with friends or family via video chat.



- **Do some home baking:** Try **bake** some delicious cookies or cake.





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BE  
CONNECTED



Learn to **fingerspell**: Learn how to spell the alphabet in New Zealand Sign Language. The NZSL Dictionary has some great learning resources: [www.nzsl.nz/alphabet/](http://www.nzsl.nz/alphabet/)

BE  
CURIOUS



- **Discover your neighbourhood**: Go for a **walk in your neighbourhood**, try find places you've never been before. Extra points if you find some teddy bears!

- **Become a street artist**: If you have chalk at home, try drawing some art on your driveway or on the footpath to brighten people's day!

- **Get experimental in the kitchen**: Find a recipe you've never made and serve it up for dinner!



BE  
SUPPORTED



- **Try yoga!** Try learning Sun Salutation A (Yoga). YouTube has some great videos you can follow along with.

- **Try meditation**: Meditation for 10 minutes a day can make a big difference to your wellbeing. Why not give it a go!

- **Learn all the days of the week in Te Reo Māori**: Waiata Mai is a great resource for beginners, check out their video for the days of the week: [www.youtube.com/watch?v=XcNI-elniDI](http://www.youtube.com/watch?v=XcNI-elniDI)

- **Start a journal**: Now is a great time to reflect. Start a stream of consciousness to help you keep track of your feelings during quarantine.

- **Have a Dance Party**: Have a solo, or bubble-wide **dance party!**

- **Watch the sunrise**: How often do we miss the sunrise? Now's your chance. Why not get up early and watch the sky change colour.

- **Think about the future**: Make a list of things you don't want to 'go back' to after this lockdown – a time to start fresh!

BE  
WELL



BE  
KIND





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- **Get Poetic:** Write a **haiku**.
- **Find your inner artist:** Try taking an **online drawing class**. There are a lot of great classes available on YouTube. Here's a good one if you'd like to learn how to draw faces: [www.youtube.com/watch?v=iMEBSQJYaAY](http://www.youtube.com/watch?v=iMEBSQJYaAY)



- **Up your fitness level:** See how many **push ups** you can do in one go.
- **Learn Days of the Week in NZSL:** The NZSL Dictionary is a great resource you can use to learn the days of the week: [www.nzsl.nz/](http://www.nzsl.nz/)
- **Learn to introduce yourself in NZSL:** Once you've learned how to fingerspell in NZSL introducing yourself is easy. Here's an example of how to do it: [www.youtube.com/watch?v=QdmwnOfalF8](http://www.youtube.com/watch?v=QdmwnOfalF8)



- **Up your fitness level:** Start and end your day with 5 **squats**.
- **Have a shared movie:** **Watch a movie** on YouTube/Netflix with those in your bubble or organise with a friend to watch a film at the same time and then talk about it afterwards.
- **Get reading:** Start **reading a book** you've been wanting to read!



- **Learn more about Lip Reading:** It's harder than most people realise. Learn about the importance of understanding the context by watching some bad lipreading parodies on YouTube.
- **Have a picnic in your yard:** Just because we're in lockdown doesn't mean we can't appreciate the outdoors.
- **Can't go to the café? Try making homemade chai** or hot chocolate!



- **Watch the sunset!** Watch as the day turns to night and the sky lights up red, pink and orange.

