

My lockdown routine

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
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19:00							
20:00							
21:00							
22:00							
23:00							

Our lockdown routine

OASIS and the Peer Mentors came up with a great guideline daily routine

	Activity	Why should we do this?
8:00	Wake up at same time everyday, try not to snooze!	To help with routine
9:00	Showering, keeping on top of personal hygiene	Wakes you up
10:00	Cleaning up: Making your bed, tidying your room a little	It is nice to have a clean fresh bed to come back to
11:00	Sit outside in garden, gardening, play with pets, reading, planting seeds.	Getting some fresh air and nature
12:00	Lunch: Try making something new, or trying new foods what meal can you make with what is in your cupboard. Be creative	It is nice to experiment
13:00	Creative time- Watercolour painting	Easy to use, mindfulness
14:00	Remember to drink water!!!	It keeps us hydrated and gives us energy
15:00	Daily exercise: Bike Ride	Seeing nature , gets out of house
16:00	Dance around your room like no-one's watching	Fun exercise, can cheer you up, also helps get energy out so its easier to sleep
17:00	Watch a film that makes you smile	Relaxing
18:00	Speak to a Friend, phone or video call with someone you care about.	Sense of unity nice to know someone cares about you.
19:00	Playing games online with friends. IO games online or apps on phone	It is fun, you can be competitive with people, gives you a leader board.
20:0	Shower or bath before bed	Starts the wind down for bed routine
21:00	Reading	Digital detox before bed
22:00	journal about your day, how you are feeling and whats on your mind	Can help calm anxious thought and allow you to sleep better
23:00	Sleeeeeeeeeeeeeeeep!	So we are refreshed for the next day

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22:00		
23:00		

My lockdown routine

Ideas and suggestions

Everyday

- Journal about how you feel or what you have been doing
- Have 3 meals, maybe try your hand at cooking
- Put on your favourite songs and have a boogie!
- Get outside for some fresh air, even if its just sitting on the doorstep with a cup of tea
- Make your bed and have a little tidy up for 10 mins (put your fave song on to help)

Creative

- Painting
- Poetry
- Embroidery
- Knitting
- Crocheting
- Up cycle old clothes
- Doodle

Exercise

- Bike ride
- Yoga
- Dance like no-one's watching
- Jog
- Dog walking

Social

- Have a virtual games night with you friends
- Watch a musical together on Youtube watch party

Develop

- Think about what skills you may want to start, try out or develop in this period
- Look at you goals, how do you want things to be after this period, what could you do right now to help to happen?

- Have a shower and get changed into an outfit you love!
- Check out and take part in Chilypep's social media social distancing schedule
 - Mon- walk like a chilypepper
 - Tues- Plant day
 - Wed- Art club
 - Thurs- Pet show
 - Fri- Cook like a chilypepper
 - Sat- Perform like a chilypepper
 - Sun- Self Care



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Ideas and suggestions

Everyday

