42 TIPS ON HOW TO STAY ACTIVE & SOCIAL
Public health authorities do not currently discourage physical activities - on the contrary. We’ve gathered 42 ideas on how to stay both social and maximize your alone time, all Corona friendly (as of 6th April 2020).
3 main things to consider

» Small groups, avoid physical contact between group members.

» Do not share water bottles, coffee cups etc and avoid common plates or serving trays.

» Find places and times that do not require long journeys on public transport or during rush hour.

Public health authorities regarding exercise: folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/information-till-idrotts--och-traningsanleggningar/
BEING SOCIAL OUTDOORS

1. Kubb tournament
2. Discgolf in Slottsskogen: slottsskogendiscgolf.se
3. Easter egg/treasure hunt, stations with different missions
4. Orientation/quiz walk
5. Geocaching: geocaching.com/play
6. Circuit training: trueworkout.se/trana-ute/
7. Running intervals: annalissjanis.sportshalsa.se/2019/04/03/lopinter-valler-utomhus-6-roliga-varianter
8. Choir practice in a large circle
9. Picnic with a distance (bring your own blanket!)
10. Outdoor cinema


13. DIY OCR: stoten.se/blogg/hinderbana-barn-ute

14. Photowalk: choose a theme and get creative

15. Landscape painting

16. Play turf! turfgame.com

17. Long walk while talking to a friend on the phone
BEING SOCIAL INDOORS

18. Music trivia: quizanu

19. Easter egg painting: pinterest.se/housingaforest/easter-eggs

20. Organize a Cook Along with your favorite dish. Take turns with your friends.

21. Netflixparty: netflixparty.com

22. Work out for 7 minutes, take turns to be the coach: greatest.com/move/7-minute-work-out-that-science-says-works#exercises

23. “Fredagsmys” with tacos

24. Game shows via Kahoot: kahoot.com/home

25. Achtung – die kurve: achtungdiekurve.net

26. Be tourists together: Artsandculture.google.com
27. Mukbang: sv.wikipedia.org/wiki/Muk-bang
28. Charades
29. Word explanation game
ALONE TIME OUTDOORS

30. Take a long walk with a quality podcast. Tip: P3 dokumentär (Swedish) at SR Play: sverigesradio.se/p3dokumentar. Other popular podcasts: poddtoppen.se

31. Go feed the ducks in your nearest pond. Very sociable when fed.

32. Explore your neighbourhood, but go places you’ve never been before. Make it a local adventure. Bring hot beverage in a thermos. Combine with below tip.

33. Take a photo walk. Mobile phone will do as camera. Create a digital exhibition called “Göteborg during crisis” while taking pictures of people sunbathing outside restaurants.
ALONE TIME INDOORS

34. Rewrite a famous song into a handwashing song, then go viral on social media, like this one: 
   facebook.com/photo.php?f-bid=10157032295167393&set=a.487442382392&type=3&theater

35. Learn something new and unnecessary on Youtube.

36. Learn something new and useful on Youtube.

37. Never clean again after these seven Mari Kondo tips: expressen.se/leva-och-bo/med-kon-mari-metoden-behove-du-aldrig-stada-igen

38. Go to the museum: digitaltmuseum.se

39. Learn how to cook Indian cuisine with this brilliant and pedagogic chef: youtube.com/user/chefkunal3005
40. Become awesome at geography with this app: online.seterra.com/sv

41. Share these tips with your friends. Come up with your own and tag #coronachalmers to inspire others on social media.

42. Remember, this is a temporary situation. Make the most of it. Create new, better habits, get rid of bad ones.