If you are tired of your daily routines and need inspiration on how to stay active, social and become inspired, we have gathered some ideas for you.
These ideas should only be used so long as they do not conflict with current recommendations from health authorities.

The most effective measure:

Physical distancing is always the most effective way to slow down spread of infection and keep safe.
BEING SOCIAL OUTDOORS

1. Long walks with limited crowd in spacious environment

2. Outdoor fikas and lunch with thermos and home baked goods

3. Celebrations with fika or picnic outdoors

4. Geocaching: geocaching.com/play

5. Circuit training: trueworkout.se/trana-ute/

6. Running intervals: annalissjanis.sporthalsa.se/2019/04/03/lointer-valler-utomhus-6-roliga-variant-
er


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

10. Photowalk. Use your mobile phone to capture a new block and get creative. Share results with your fellow photographers who are also on the same mission.

11. Play turf! turfgame.com

12. Long walk while talking to a friend or family on the phone
BEING SOCIAL INDOORS - DIGITAL

13. Music trivia: quiza.nu

14. Organize a quiz with friends, via i.e. Kahoot, kahoot.com/home

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

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

17. Play stressful but fun games online during a break: Achtung – die kurve: achtungdiekurve.net

18. Be tourists together: Artsandculture.google.com


20. Charades
21. Drawing game skribbl.io
22. Word explanation game

ALONE TIME OUTDOORS

23. Take a long walk, in silence or with quality podcasts.
24. Go feed the ducks in your nearest pond.
25. 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.
QUALITY TIME INDOORS

27. Go all zen. Get rid of all things that are not necessary in your life. Less clutter, less stress.

28. Watch the old classic movies - now’s the time!

29. Practice your instrument or singing

30. Practice your meditations skills

31. Find a new favorite radio show/podcast

32. Treat yourself to a really nice meal once in a while, even when you don’t feel like it.

33. Redecorate. Start by moving something and see what comes next.

34. Bake cakes for your outdoor fikas and freeze them

35. Learn something new and useful on Youtube.
36. Never clean again after these seven Mari Kondo tips: expressen.se/leva-och-bo/med-kon-mari-metoden-behower-du-aldrig-stada-igen

37. Go to the museum: digitaltmuseum.se

38. Learn how to cook Indian cuisine with this brilliant and pedagogic chef: youtube.com/user/chefkunal3005

39. Become awesome at geography with this app: online.seterra.com/sv
40. Try yoga on Youtube

41. Go for short walks before school or work in the morning, just around the block

42. Worried about sitting too much? Get a cheap activity wrist band. It can help remind you to move.

43. Don’t neglect sleep. Try get up at the same time, even when tired.

44. Daylight help regulate your circadian rythm - make sure you get out once a day, preferable early.

45. Try a follow-along video on Youtube if you don’t know what to do for exercise