

Daily activities

- List 3 things you can hear, see and smell
- List 5 things you are grateful for
- Practice yoga and meditation
- Dance around your living room
- Do a spring clean
- Learn something new (for example AUSLAN signs)
- Write down some goals for the year
- Try a new recipe/cuisine
- Get crafty
- Follow a work out routine
- Listen to Flight Facilities Decade Mixes on YouTube
- Do a jigsaw puzzle

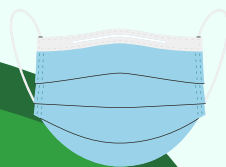


Stay safe together.

- Wear masks when out in public, make sure they are fitted correctly.
- Wash hands or sanitise frequently when out, before/after eating
- Social distance (1.5 metres) where possible
- Stay home and get tested if you feel unwell. YPLO can supply RAT tests if needed - limited supply.

When groups go back to normal we all need to follow these guidelines, helping to protect the vulnerable people in our community. Please do not feel pressured to come into group if you feel unsafe.

1.5



Staying safe in challenging times





Things to do online



For more support or just a chat don't hesitate to contact YPLO. Something so small can make a big difference.

-Watch a new series on Netflix
(Stan, Binge, Disney+, SBS on demand, ABC iView or Kanopy)

- Do an online class, further your skills and knowledge
(Open learn and edX)

-Learn a language
(Duolingo, Babbel and Drops)

-TED talks
learn a different perspective/ new knowledge

-Check out Google Arts and Culture
Walk through famous museums and art gallery's from around the world

-Watch zoo's live cams of animals
San Diego Zoo has a great range of animals!

-Zoom Call a friend



Phone: (08) 88533834 or 0400532552

Email: Ypleisureoptions@yorke.sa.gov.au

Helpful contacts

SA Covid-19 information Hotline: 1800 253 787
For general matters, open 8am-8pm each day

Covid-19 mental health support line: 1800 632 753

Housing support and advice: 1800 253 753

Red Cross Telecross REDi service: 1800 188 071
Register for a free, daily phone call to check on the welfare of vulnerable South Australians.

Visit WellbeingSA for more services.

