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| Read a book you have always wanted to read. | Send a comforting note or poem to a family member. | Write a Facebook friend you haven’t communicated directly with for years. | Clean up or clean out one area in your home that you’ve been meaning to for ages. |
| Cook something really high-calorie and naughty and enjoy it all! | Take a selfie with your pet and send it to other pet lovers.No pet? Take a nap! | Try 3 new podcasts and share your favourite with a friend. | Organize a zoom or skype party with family or old friends. |
| Do something nice (and safe) for one of your neighbors. | Try a free yoga, pilates, dance or exercise class on youtube. | Spend one whole day in your pyjamas and don't brush your hair! | Check in with a friend or colleague to see how they are doing. |
| Make a donation to a charity trying to help those most affected by the lockdown. | Make a list of all the things you are grateful for. | Play a board game that you have always loved. | Challenge a friend to play Kenyabuzz lockdown bingo and see who completes 4 in a row first. |