

IDEAS FOR YOUNG PEOPLE THINGS TO DO AT HOME



Online diary

Keeping an online diary is a great way to express yourself whilst you're staying at home. It can improve your writing, help with boredom and unleash your creativity. There are lots of blogging sites out there that you can use. Or, if you're not a keen writer, you could try documenting your day on YouTube and work on improving your video-making skills instead.



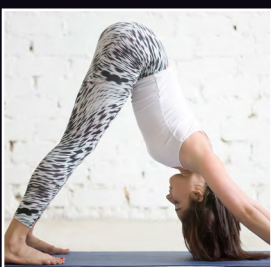
Online course

Learning doesn't have to stop when school does. With so much time on your hands, now provides a great opportunity to enroll in an online course. Websites like [FutureLearn](#) and [OpenLearn](#) offer a wide selection of free courses in topics ranging from history and psychology to teaching and business. There's something for everybody.



Photography

If you're into photography, you can use your time at home to improve your skills. You'll be surprised at how much you can improve by photographing things in your home. You could practise with depth of field and lighting, or set up "product shoots" with your belongings. You could also learn new ways to edit old pictures. There are plenty of tutorials on YouTube to inspire you and some professional photographers are even sharing their tips on Instagram.



Exercise

Do you find it difficult to stay active? Set yourself a 30 day fitness challenge. There are loads online, from sit-up and press-up challenges to squats and weights challenges. [Sport England](#) also has lots of tips and guidance on being active in your home. They've put together a list of online exercise platforms that are free or offering extended free trials.



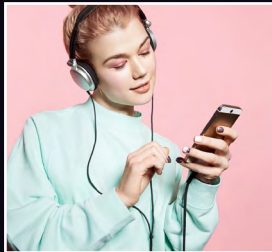
Video-making

YouTube can give you lots of inspiration for video-making, from thinking up a concept to editing. You could vlog your day, share your home workout, review films you've recently watched or show off a skill you've learned. Alternatively, you could experiment with stop-motion video or animation.



Cooking

Cooking is an important life skill and now is a great time to learn. If you are heading off to university soon why not learn how to cook your favourite meals? You could ask your family to teach you some simple, healthy recipes, or look online for some inspiration. [Change 4 Life](#) is one of many websites you can look at for some ideas.



Make music

You don't need to own an instrument to make music; there are lots of apps that you can use. You could even have a go at writing your own song using some of these [tips](#).



Learn a language

You always say you'll get round to it and now you can. Brush up on your Spanish or take on a new language with free apps like [Duolingo](#).



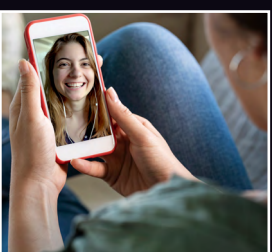
Coding

Looking to learn a new skill? How about coding? Websites like [W3Schools](#) and [Generation Code](#) provide a really helpful, practical guide to learning the basics of different coding languages. Coding can help boost your CV, especially if you're interested in a career in IT.



Reading

Reading is a great way to pass the time and it can help improve your writing too. If you haven't got books to hand, you can find lots of free e-books online. Find it difficult to get into a book? Set yourself a 30 day challenge and work on reading a few pages at a time. If reading really isn't for you, how about an audio book?



Board games

If you're looking for something to do and you want a break from technology, you could play board games with your family.

Quiz

Get your friends together for a virtual quiz. Lots of people are using video-calling platforms like [Zoom](#) and [Skype](#) to take part in online quizzes with their friends and family.