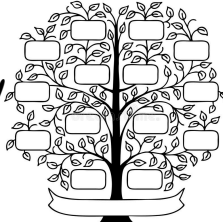






The GROWN-UP Grid

© www.spectrumeducation.com

Are you wondering what to do over the next couple of weeks? Chances are no! If you are at a loss to find something to do here are some options...

Watch a movie trilogy in your PJ's with popcorn	Tackle a drawer or cupboard a day to sort, clear and clean	Rest and relax	Research your family tree 
Clean out your wardrobe of all clothes that do not fit and be ready to give to charity after lockdown 	Write a letter to someone you have not seen lately 	For a week, write down 3 things you are grateful for each day	 Put together a jigsaw puzzle
Clean up your computer desktop and files	Google new recipes to try	Weed, trim or replant a section of your garden	Teach your children a game from your childhood
Learn how to cook an old family favourite recipe 	Stay in bed for a whole day, eat ice cream and read or watch movies	Sort out your old photos (hardcopy & digital) and label clearly	Clean out your garage