

50 things you can do alone at home, besides scrolling Facebook:

1. Exercise crazily
2. List out 3 drama series you have been wanting to watch
3. Learn to cook 10 dishes/desserts
4. Practice drawing
5. Explore different channels on YouTube
6. Read 3 books and persistent until the last page
7. Get the amount of sleep that you wished you had
8. Try a food that you dislike
9. Accompany the young ones to watch cartoons
10. Challenge the impossible
11. Try to re-design your room
12. Visit travelling sites, plan your next adventure
13. (for family) Plan for the next generation
14. Prepare 10 meaning questions for self-reflection
15. Spring cleaning your room
16. Plan your next road trip
17. Learn and explore about investment
18. Learn to make your own masks
19. Do things that you always wished you had time to
20. Learn 20 quotes
21. Play with your pets
22. Edit your travelling video
23. Make a vlog about your day (could be a meaningful / boring day)
24. Do a facial
25. Play mah-jong
26. Calculate how much have you earned since you started working
27. Play badminton with your wall
28. Pick-up aerobics, zumba, or any other dance workout
29. Explore 3 new things and make them your forte
30. List down all your hobbies and interests (self-exploration)
31. Create a desert terrarium or start indoor planting
32. Learn a new language
33. Eat 1 food that takes time to finish, e.g., sunflower seeds
34. Make fruit or vegetable juices
35. Call your friends/family/relatives who cannot meet
36. Do a word search or crossword puzzle
37. Do one thing you feel impossible to accomplish
38. Reflect on the life you lead in the past 2 years
39. Doll yourself up even when you are at home
40. Do 1 thing you used to fail at, until you succeed

41. Think about what you want to achieve in 5 years' time
42. Sorting and organizing your photo albums, yearbook and scrapbooks
43. Make a music video or tiktok video
44. Play board game with your family
45. Try to enjoy a slower pace of life
46. Try to set a schedule for yourself
47. Build a tiny town using recycled bottles and boxes
48. Watch 'discovery' to understand the earth and the environment
49. Observe and take time to understand yourself
50. List down 30 things you want to do before you kick the bucket

Some webinars to pick up new skills (some may require fee):

1. Guitar course – www.justinguitar.com
2. Piano course – www.flowkey.com
3. Photographing – www.fotomen.cn
4. Microsoft office programmes – www.wordlm.com
5. Handicrafts – www.kiinii.com
6. Cooking – www.xiachufang.com
7. Languages – www.memrise.com
8. Drawing – www.lanqb.com
9. Japanese language – www.erin.ne.jp
10. Designing – www.doyoudo.com
11. Korean language - rki.kbs.co.kr/learn_korean