

**WAYS TO
SPEND
YOUR
TIME AT**

Home

STAYING AT HOME DOESN'T HAVE TO BE BORING! IT IS A TIME TO REDISCOVER AND EMPOWER YOURSELF, AND STRENGTHEN THE BOND WITH YOUR FAMILY.



With COVID-19 infection control measures in place, everyone is encouraged to do their part by staying at home. If you need ideas for interesting indoor activities that you can do alone or with your family, give these a shot:

Hone your cooking skills

Although takeouts and food delivery are available, there is no better opportunity to try your hand at cooking with the spare time you have now. A quick search online will give you access to plenty of recipes — even Swedish furniture retailer IKEA has revealed the secret recipe for its famed meatballs! For those with kids, it is also a good time to teach them the basics of cooking and baking. You can start with simple one-pot dishes or chocolate chip cookies.



Play tangible games

Is all that screen time from home-based work and learning causing eye strain for you and your kids? Give your eyes a break by playing some traditional games, such as Zero Point, five stones, hopscotch, and *chapteh* (shuttlecock kicking). Alternatively, organise a themed scavenger hunt in the house.



For example, each family member must look for three items that remind them of a special memory associated with dad or mum, then take turns to share why they picked the items.

These activities not only strengthen bonds, but also allow children to learn about local culture and heritage.

Embark on a DIY project

Instead of staying glued to the TV, get started on the DIY project that you have shelved while going about your busy daily life. You can find all sorts of creative craft



ideas on Pinterest and YouTube, including tips on reusing and recycling plastic bottles. You can also learn how to turn cereal boxes into file organisers, among other easy-to-do and environmentally friendly DIY projects.

Learn a new language

If you have been watching a list of Korean and Japanese dramas on Netflix, why not pick up these languages in the meantime? There are many websites that offer both free and paid online courses, with some that even



have interactive components to improve your grammar, vocabulary, and pronunciation skills. Highly rated websites include Babbel (www.babbel.com), loecsen (www.loecsen.com), and Duolingo (www.duolingo.com).

Get moving

Prolonged inactivity can cause fatigue. Give your body an energy boost by working out at your own pace and in the privacy of your home.



Muscle strength is needed for everyday activities, from opening a tight lid to carrying groceries. Strength training (or resistance training) builds stronger muscles and bones, and lowers the risk of diabetes, heart disease, and injury. It can also help you lose weight and look fitter. Strength training using your own body weight can be as effective as lifting weights.

Wall planks

Target area: Core (muscles in your stomach, back, hips, and obliques)

- 1 Stand facing a wall at arm's length, feet slightly apart.
- 2 Place your forearms flat against the wall, shoulder-width apart. Keep your lower back straight. Engage your core (tighten your abdominal muscles) and hold for 15 seconds.



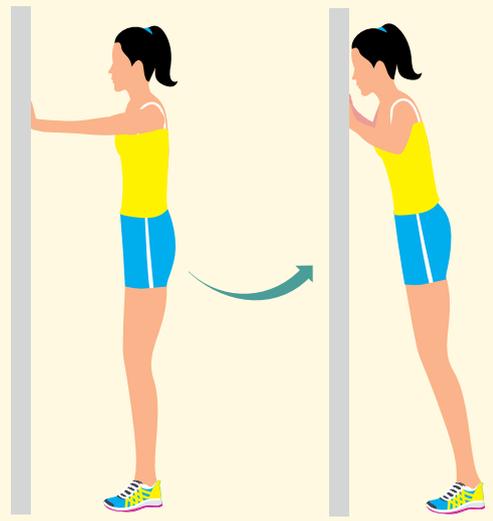
Wall push-ups

Target area: Upper chest and back, arms, shoulders, core

- 1 Stand facing a wall at arm's length, feet hip-width apart.
- 2 Place your hands onto the wall, slightly wider than

shoulder-width apart. Keep your body straight from head to toe.

- 3** Bend the elbows to bring your chest towards the wall, as close as possible without touching it.
- 4** Straighten your arms to push yourself back to the starting position. Keep your legs straight throughout. Do three sets of 10 push-ups.



Wall squats

Target area: Thighs, hips, calves, buttocks

- 1** With your back against a wall, position your feet about 60cm in front of you, spread shoulder-width apart.
- 2** Look straight ahead, and keep your upper body upright with your back pressed against the wall.
- 3** Raise your arms in front of you to shoulder height.
- 4** Tighten your abs and bend your knees to lower your body until your thighs are parallel to the floor and your knees are at a 90-degree angle. With knees bent, engage your core to give your abs a workout. Make sure your knees do not go past your toes.
- 5** Slowly straighten your knees and return to starting position. Do three sets of 10 squats.

