




SELF-ISOLATION COUNTDOWN CALENDAR

You can use this calendar to help you keep busy and count down the days during your 10 days of self-isolation.

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|-----------|-------|-------|-------|-------|-------|
| Breakfast | | | | | |
| Activity | | | | | |
| Lunch | | | | | |
| Activity | | | | | |
| Dinner | | | | | |

| | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 |
|-----------|-------|-------|-------|-------|--------|
| Breakfast | | | | | |
| Activity | | | | | |
| Lunch | | | | | |
| Activity | | | | | |
| Dinner | | | | | |



Cut out the activities below and add them to your own self-isolation calendar

| | | | | | | | |
|-------------------------------------|--|---|-------------------|--|--|---|--|
| Play your favourite songs and dance | Call a friend or family member | Listen to the radio or try a podcast | Do a home workout | Play a board game or cards | Spring clean | Take a virtual tour around the city on the Visit Portsmouth website | Enjoy some crafting or colouring |
| Re-read your favourite book | Organise an online quiz with friends or family | Organise your cupboards | Pamper yourself | Write a short story or poem | Learn a new skill online | Write an email to a friend or family member | Write a list of the places you want to go after self-isolating |
| Watch a film | Try cooking a new recipe | Watch a documentary about something new | Bake a cake | Draw a picture of what's outside your window | Explore the plants and bug life in your garden | Spot wild birds in your garden or outside your window | Borrow e-books for free through Portsmouth Libraries |