

THE VIRTUAL ACTIVITY PLANNER

Use this simple calculation to help you work out an activity to do!

Choose a number
between 1 and 9

Multiply it by 3

Add 3

Multiply it by 3 again

Add the two digit number
you get together

The number you get will be the
activity you will be doing!



1. Try an online class
2. Write a letter to someone and post
3. Bake something
4. Listen to some new music
5. Play a game with family/household
6. Watch your favourite film
7. Start a diary/journal
8. Go for a long walk
9. Plant something/grow some herbs from seed
10. Read the book you have been meaning to read
11. Phone a friend for a chat
12. Try meditation
13. Cook something new
14. Try something artistic
15. Learn to juggle
16. Go and collect a bag of litter locally
17. Have a day without social media
18. Make a new playlist