

Keep Learning

Learn a new (or previous) skill/hobby such as

- Knitting
- Crochet
- Scrap book
- Photography
- Cooking
- Gardening
- Chess/other board game
- Painting
- Dance
- Yoga
- Mindfulness
- Meditation
- Drawing
- Sewing
- Running
- Blogging
- Playing an instrument
- I.T. Skills
- Language

Useful Apps

- DuLingo - Learn a new language
- Couch to 5k - Running
- Head Space - mental health and meditation
- Lumosity - 'Brain training' games
- Goodreads - identifies books on the subject of your choice
- YouTube - search for video explaining how to do something
- Curiosity - 5min chunks of useful information
- Blinklist- condenses well-known non-fiction works into short 15min summaries

Useful Websites

- How Stuff Works www.HowStuffWorks.com
- Creativity Portal www.Creativity-portal.co.uk
- Ted www.ted.com
- Coursera www.coursera.org
- Kon Mari www.konmari.com

What's worked for you? We'd love to hear your ideas!