

# NO MORE BORING 69 IDEAS DURING LOCKDOWN

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## INTRODUCTION

COVID-19 is an ongoing global disease, first identified in the city Wuhan, China. Research has shown that COVID-19 mostly spreads through air, coughs, sneezes, handshakes and via talking to another. Prevention of the corona disease are hand washing, face coverings, quarantine and social distancing. Symptoms of COVID-19 are fever, loss of appetite, fatigue, loss of smell, shortness of breath, cough and more.

After months of lockdown, I came up with the idea to write an e-book. Through this e-book I want to share ideas on how we can still adhere to the corona measures and still undertake activities that are corona proof. If you experience a lot of anxiety, depression or some medical issues I recommend to contact a doctor or psychologist. This e-book does not contain any medical advice if you have any symptoms of the covid-19 I recommend to visit your doctor or take a corona test. Further I don't have any medical background, so this e-book only contains entertaining information. I am not responsible for your own choices. In case you have any symptoms of covid-19 please stay at home, follow the governmental guidelines and get tested. I recommend if there's a vaccine to get vaccinated.



## IDEA number 1

### Call an old friend

We spend a lot of time at home during lockdown, it could be the perfect timing to call an old friend. Calling an old friend might be an unsuspected positive surprise for the person on the other end of the line. Having a jolly conversation by phone could boost your and your friends mood. So, pick up your phone and dial your friend that you haven't spoke for a while.



## IDEA number 2

### Online Rave

All bars, nightclubs are closed during this pandemic. Some of you might have a hard time not going to any parties. How about a party online? You only need a camera, a playlist and friends that like to join your online party. There are many software applications that you could use to facilitate your online rave. Other creative options are to organize an online pizza night or quiz night. The online web isn't always a safe place, I highly recommend to use a VPN this to prevent uninvited participants that your online party.

## IDEA number 3

### Online Gaming

The gaming scene has never been so popular, it's like everyone is streaming nowadays. People are streaming their games, some even stream while they're cooking or doing the dishes. There are many online games and most online gamers stream via Twitch.

*“Did you know that there are nowadays more female online gamers than males?”*

It was in 1960 that the first video games appeared. Those were played on huge machines and connected to vector displays. The pro of gaming is to increase focus and to make decisions in less time without losing focus. Some gamers have developed a higher sensitivity on what's going on around them. Some studies show that If you're playing to long daily it increases symptoms of depression.

## IDEA number 4

### Paint

Idea number 4 is to create an old-fashioned painting. There are many ways to make a painting, you can use oil paint, watercolor paint or acrylic paint. Oil paint is for example very traditional and a real medium for artists.

After deciding what painting you like to make, it's also necessary to decide what style you like for your painting? Are you going for the style realism, some painterly, impressionism, abstraction, photorealism or expressionism? There are so many styles, the fun part is to be free in your creativity and don't overthink too much. Painting could be a solo activity or an activity that you could do with your whole family.

*“Did you know the oldest paintings we know are 40,000 years old”.*

Through history painting was extremely popular and even a tradition in ancient times. Through history painting was important but also parallel to other cultures as we know African, Jewish, Islamic, Indian, Chinese and Japanese art. It may be interesting to delve into the history of all these different works of art.

## **IDEA number 5**

### **Buying Gums**

Idea number 5 is to buy different kinds of gum in the supermarket. There is wide range of chewing gum there are many brands and some differences. You could choose between healthy, sugar free or sweet gums. Some research claim that chewing gum has an impact on oral hygiene over the short term. And some researchers concluded that chewing gum also improves memory, concentration and reduces stress.

*“Did you know that the Arabs chose to chew on beeswax?”*

### **How is gum made?**

Gums are made from polyisobutylene and polyvinyl acetate and fillers such as aluminum oxide, silica or cellulose. Gums contains almost up to 70% of sugar. Most chewing gums are made in a factory and the first process is getting the gums into the melting machine. After the gums are stirred together the sugar can be added to the gum. When the gums are cold, they got into the kneader and sugar, flavor and coloring are added. After this process, the chewing gum goes into a machine and turn the gum into the right gum form. When the gum is cooled, the gum is ready to be packed and sold.

There are different types of gum namely the gumball and bubblegum. In Singapore there's even a chewing gum ban at the airport. Only nicotine gum may be allowed. For the gum chew lovers I recommend you to this out when planning your visit to Singapore.

## IDEA number 6

### SOAP

During these times health and hygiene are especially important. Have you ever thought about making your own soap? Soap is created by mixing fats, oils with a base. Soap is a cleaning product in combination with water has a fat dissolving effect. Most soap are made from beef fat, olive oil, palm oil or coconut oil. The more exclusive soaps also add exotic oils.

*“Fact, soap is almost 5000 years old and comes from Babylon.”*

There are many different soaps such as antibacterial soaps, vegetable soaps, glycerin soaps and antique types of soap. The antibacterial soaps are extremely popular during this lockdown, The Health Council states that there is no scientific evidence that routine use of disinfectants at home is useful. This applies in cleaning products as antibacterial soaps and skin care products. Many antibacterial and hygienic products have not been proven to contribute to a reduction in the disease burden.

### How to make your own soap?

A great idea against boredom is to make your own soap. The following guide is to make liquid soap. To make your own soap you will need the following ingredients:

- 5oz of castille soap
- 10 drops of tea tree oil
- 20 drops of lavender oil

Add the tea tree and lavender oil to the castille soap. Stir the mixture together to make the liquid soap you could also use a blender or mixer. Pour the mixture into a soap box with a pump, press the soap pump to use the liquid soap and shake before use.

## IDEA number 7

### Learn to Knit

In history knitting is originated from the Middle-East. The oldest example has been found in Egypt. One of the early findings are Egyptian socks from the 4th century. From the Middle East, the knitting technique spread to Europe during the Middle Ages. In the United Kingdom it was popular to knit stockings and King Henry VII was the first British royalty that wear knitted stockings. More style in knitting appeared in the British Isles. Later in 1589 the knitting machine was invented and improved to larger machine with 20 knitting needles that was able to knit with silk and wool.

In the 14th century in Germany and Italy paintings are found where a “knitting Madonna” is visible. Knitting experts claim that this “knitting Madonna” was a role model for other woman at that time.

*“Fact: The world’s fastest knitter is Miriam Tegels of the Netherlands. She can hand knit 118 stitches in one minute.”*

To start with knitting you need a ball of wool and knitting needles. There are many kinds of knitting needles for beginners and for more advanced knitters. There are many online courses and tutorial to follow to knit your first homemade scarf. I recommend to buy the basic knitting material and follow an online course.

## **IDEA number 8**

### **Roller-skate & Skating**

Ice skating was in the Netherlands a method to travel in winters, people namely travel over the frozen canals in the winter. A Dutch inventor developed a dry land skating variant in the early 1700s. The Dutch and nickname to the dry-land skates are “Skeelers”.

In the Netherlands, an inventor developed the first dry land skating in the early 1700s. In Germany, Berlin 1818 with the premier of the German ballet “Der Maler oder die Wintervergnügungen” roller skates were introduced to the audience. When the trend reached Hollywood a second skating boom occurred in combination with Disco music. Depending on the corona restrictions, during this lockdown it may be a great idea to go roller-skating. Beside roller-skates you could also try skating, skateboarding or even longboarding.

*“Some people got married on roller skates and the first recorded marriage took place in 1912.”*

When you decide to roller skate make sure you follow the safety guidelines. Skaters of all levels should use the highest quality protective wear. It’s recommended to do other exercises before skating this because with skating you use your whole body.

## **IDEA number 9**

### **Helping hand**

Do you see someone that is clearly in need this lockdown? Some people that spend time alone may have a hard time going to the groceries especially when they’re ill and must stay at home.

Offering a helping hand to your neighbors, family and friends could really help them out. The quarantine period of 14 days could be a long. Luckily there are many supermarkets offering their groceries online some delivery dates are completely full, there’s a chance you still must wait several weeks to receive your groceries.