



Indoor Activities

If you or a loved one is spending more time indoors, whether because of cold or icy weather, recovering from an illness, mobility challenges, or another reason that makes it harder to get out and about, the days can start to feel long and repetitive. With the right mix of comforting routines, enjoyable activities, and small moments of purpose, indoor days can still feel meaningful and pleasantly busy.

The ideas below are designed with older adults in mind. Some bring a sense of achievement, others spark creativity or reminiscence, and many simply offer a soothing way to pass the time. Whether someone is indoors for a short recovery or for the longer term, these activities can help lift the mood, keep the mind active, and bring a little brightness into each day.



- 1. Look through your favourite recipes and choose an old favourite or something new to bake and treat yourself to. Maybe there is someone that you would like to invite over to share your meal.



- 2. Organise your photos into albums or look through your albums and enjoy reminiscing.



- 3. Sort out a cupboard. Choose a cupboard to reorganise, getting rid of anything that is no longer needed and reordering, so you can find things more easily.



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4. Write a letter to a friend or family member, or give them a call for a chat.



5. Feed the birds. Position a feeder somewhere you can comfortably see it from inside your home. You will be rewarded with visits from feathered friends. It can be quite interesting to see how many types of birds visit your outside space.

6. Here are a few more ideas - some for you to enjoy alone and others might need a friend or companion to join you;

- Try some paper puzzles such as a crossword or sudoku
- Play a board game, card game or do a jigsaw puzzle
- Listen to music, or a podcast, or radio
- Watch a TV series or movie
- Read a book or listen to an audiobook
- Try out hobbies or crafting such as crocheting, woodworking, embroidery, painting, etc...



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