

Beautify your garden.



Whether you are staying at a condo space, in a village, or in a country side, it is always a great idea to say “?Comoestas, plantas?” to your plants. Re-arrange them, cut-off decaying leaves, till the soil, water them, and put some crashed egg shells as your fertilizer. Remember, planting is a form of therapy and tilling the soil gives you the natural energy your body needs.

Stretch out to the fullest



Fitness clubs are closed! Worry no more. What are stairs for? It is an excellent cardio-exercise. For those who have big spaces, you may wish to walk around, jog galore, jump like a kangaroo, and do some “pull and pick” activities in your house.

Do a super-speedy-grocery-shopping



Going to supermarkets prior to COVID-19 is like a walk-in-the-park. Product selection is a dilly-dally thing for many as they find grocery shopping as another form of therapy. But the “new normal” is its opposite. Before going to supermarkets, plan ahead. Check and clean-up your fridge or your pantry. List down everything that you need from toiletries, house tools, food supplies, etc. It is also essential to have two levels of visualization. First, visualize your family’s one-week menu so you can have the set of ingredients for purchase. Second, you also have to visualize the location of the items in the supermarket to avoid high probability of encounters with other shoppers.

Clean your car



Ditch out all those toll gate tickets, candy wrappers, tissue papers, carpet dust, McDonald's fries, Jollibee chickenjoy skin, and even that KFC gravy stain.

Yes! This is now the best time to do this since all carwash shops are also shutdown. For car aficionados, detailing is life. Open the hood, and presto, check if everything functions well.

Try experimental cooking



Youtube, IG, and Cable channels bring you closer to Boy Logro, Sandy Daza, Anthony Bourdain, Andrew Zimmern, among others. This is the perfect time to unleash your potentials. Cook some basic Filipino dishes like Sinampalukang Manok, Crispy Litsong Kawali, Bistek Tagalog, Paksiw na Bangus, Sinaing na Tulingan, Pinangat na Salay-Salay, Ginisang Patola sa Miswa at Hibe, Champorado at Tuyoy, Lumpiang Prito, Pansit Henoy, Ginatang Totong, and many more. You can also go Italian if you wish to. Bon appetite! Alfredo, Carbonara, Arrabiata, Bolognese, Marinara, Pesto, or settle with Aglio Olio. Just make sure it's al dente and served the al fresco way!

Pamper your pets



As-Pin (Asong-Pinoy) and Pus-Pin (Pusang-Pinoy) are in! How do you take care of your pets? Do you carry them and feed them? Do you spend a little of your time with them? How well do you know your pet's behavior? Have you checked their vaccination schedules? Do they have sufficient bathing products? Pet lovers are said to be soft-hearted people. They treat their pets like their own children or siblings.

Instagram it!

Make your IG world rock! You can find a lot of interesting photos, personalities, concepts, and ideas in Instagram. Don't you own an IG account yet? Well, you should! It will surely squeeze your creative juices as you think about concepts and ideas that will surely catch the interest of your followers. The rule of thumb is, "create your niche to make your posts unique". And that's what you call, Instagrammable! Be a blogger / vlogger by posting photos of your food, your travels, your well-manicured garden, your day-to-day hobbies and interest, and others.

GC-connect with friends and relatives.

Have you ever tried counting all the GCs (group chats) you are a member of? I am sure, they are plenty! You have GCs with your elementary friends, high school cliques, college dabarkads, co-workers, family members, relatives abroad, special interests, and others. During your idle time, connect with them. Just click on the waive emoticon and introduce a topic of common interest. This is a good start of a lengthy-non-stop-bully-type conversation exchanges. A word of caution, in sending messages, send it to the right GC or you will be in trouble. Also, be as ethical as possible so nobody leaves the group. Nevertheless, it is a virtual reunion, get-together, and tsismisanat its finest.

Make online lessons creatively.

I am a teacher by profession. Since classes were called off, the only way to continue engaging with my students is through online platforms. Yes, there's Microsoft Teams, FB messenger, Viber, Zoom, and others. All these help us get connected. To make this lockdown season still significant, teachers like me can create online lessons, assessments, presentations, and other learning materials beneficial for students. We have the luxury of time to showcase our creativity that can make the lessons more interesting.

Let prayers move mountains.

After subscribing to one or some of the listed activities above, let us not forget to offer a prayer, ask for forgiveness, and be grateful for all our blessings. Blessings are sometimes coated with challenges that we can transform into opportunities. Still, prayer is the most powerful tool and most significant lockdown activity we should do as it shields us from harm.