

#STAYIN ACTIVITY AGENDA

1

Participate in
#RoundersInQuarantine
challenges

2

Zoom pub quiz
with Rounders
team & friends

3

Do a mindfulness
colouring sheet

4

Take time to
listen to your
favourite songs

5

Organise a
virtual Rounders
Game with your
team

6

Bake a cake
and decorate it
in a Rounders
theme

7

Start a new
book

8

Catch against a
wall for 10 mins
Try different catches with
different throws
(high/low/alternate
one handed)

9

Contact
someone you
know that is on
their own

10

Make sure to get
daily exercise
Go for a walk and see
how many different
types of birds you spot

11

Make sure you
speak to
different people
daily

12

Squat against a
wall challenge
How long can you hold
it for?

13

Have regular
group calls with
family & friends

14

Look at the stars
and see if you
spot any
constellations

15

Start a new TV
box set

16

Try 12 metre
sprints
Time yourself and
see if you can
improve your time

17

Play charades
with people
who live on the
other side of
your road

18

Spot as many
different
plants/trees as
possible on a
walk

19

Try and eat 5
portions of fruit
& veg today

20

Throw a ball up
and try and
direct it when
hitting with your
bat

21

Ring 5 people
you know but
haven't spoken
to yet in 2020

22

Notice 5 things
that are
beautiful in the
world around
you

23

Think and plan
something
you'd really like
to do in the
future

24

Try and learn to
juggle

25

Give your
trainers a spring
clean

26

Try and drink 2
litres of water a
day

27

Upskill on the
Rounders online
Preliminary
Umpire Course

28

Hinch your
Rounders bats
and balls
Make sure to dry them
out and oil them

29

Sort out your
training gear,
recycle any
items that don't
spark joy

30

Write a gratitude
diary

● ACTIVITY BASED
● SOCIALLY BASED

● MINDFULNESS BASED
● INDIVIDUALLY BASED