



TAKE CARE PACK

WITH LOVE
KiDiYOU



HEY PEEPS,

This is a Take Care pack full of tips and tools to help you with this quarantine period and beyond.

Each section is jam-packed with ideas of what you can include in your routine to ensure it has a great balance.

Mind Body and Soul.

If you have any other ideas of how to cope during this period, please feel free to tag or message us on











instagram @KiDiNYOU

so we can share with our community.

Special thanks to everyone that contributed ideas to this pack.

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ALLOW YOUR MIND THE TIME TO CLEANSE & RESET.



FUN SHOULD BE A PART OF YOUR 5 A DAY.



READING /
AUDIO BOOKS



SCAVENGER HUNT
(AT HOME)



DRAW / PAINT



GAMES NIGHT



ARTS AND
CRAFTS



HOME PHOTOSHOOT



FASHION
SHOW



MOVIE NIGHT



INDOOR PICNIC



FUN THINGS
TO DO!



SOCIAL MEDIA
CHALLENGES,
GAMES & PARTIES



CREATE A
SHORT FILM
USING YOUR
PHONE



LISTEN TO
A PODCAST



KARAOKE
NIGHT

SELF DEVELOPEMENT IS YOUR GIFT TO YOU.



PICK AN ONLINE
COURSE OF YOUR
CHOICE



LEARN TO PLAY A MUSICAL
INSTRUMENT



LEARN A NEW
RECIPE



LEARN A NEW LANGUAGE



LEARN HOW TO
START YOUR
OWN BUSINESS



LEARN A NEW
PARTY TRICK



START A NEW
HOBBIE

SMALL STEPS MAKE A BIG DIFFERENCE.



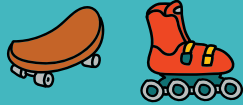
GARDENING



PLAY



STRETCH



SKATE / SKATEBOARD



SKIP

PHYSICAL
ACTIVITIES



FITNESS / TRAINING



BOX



WALK/ RUN



DANCE



MARTIAL ARTS



DAILY
ROUTINE
IDEAS

When creating your daily routine,
here are some things you can keep in mind.

What am I going to do for my SOUL?

What am I going to do for my BRAIN?

What am I going to do for my BODY?

What am I going to do for my PRODUCTIVITY?

What am I going to do for my HEART?

What am I going to do for FUN?

What am I going to do to RELAX / WIND DOWN?

DAILY ROUTINE EXAMPLE

TEMPLATE BY @REUBENCHRISTIAN1



SPIRITUAL - Morning Ritual
Make bed, 20 press ups, green smoothie
5 Minute (gratitude) Journal, Morning
Pages, Breakfast, Meditate.

INTELLECTUAL - Learn
Read listed articles or current book.
Watch an educational video.

ARTISTIC - Heartwork
This is my joy. Currently my show and
creating comedy/music ideas for testin

PROFESSIONAL - Life work
@DreamRehab_ stuff. Job admin and
outreach.

PHYSICAL - Exercise
Monday, Wednesday & Friday is
calisthenic card circuits. T days is
yoga.

RELATIONAL - Connect
Phone/Zoom calls with friends and
family.

DAILY ROUTINE- Template

CUSTOMISE ACCORDING TO YOUR NEEDS

	LENGTH OF TIME	ACTIVITY
WAKE UP ROUTINE		
NEW SKILL		
HEARTWORK		
LUNCH		
LIFE WORK		
EXERCISE		
DINNER		
RELAX & CONNECT		

RESOURCES / RECOMMENDATIONS

CLICK TO ACCESS



CLEAR YOUR MIND

MEDITATION APP:
HEADSPACE

CLEANING & ORGANISING:
MARIE KONDO

MOOD TRACKER
APP: DAYLIO

BOOK: THE ARTISTS WAY -
JULIA CAMERON

INSIGHT TIMER

INNER ENGINEERING
COURSE

MUSIC: MEDITATION
PLAYLIST

FUN THINGS TO DO

NETFLIX PARTY

QUIZ NIGHT WITH FRIENDS
ON APP: ZOOM

FUN THINGS TO DO
WITH YOUR KIDS

AIR CONSOLE
GAME/ APP

MASTERCLASSES

NEW SKILLS YOU CAN LEARN

OPEN UNIVERSITY FREE
COURSES

COOKING
WITH -ORIGINAL FLAVA

LANGUAGE APP:
DUOLINGO

LEARN how to play A
MUSICAL INSTRUMENT
Dylan Lain

LEARN TO MOON WALK
WITH DZRCKS

SAM CLUB CHALLENGE

MUSIC: STUDY PLAYLIST

PHYSICAL ACTIVITY

YOUTUBE:
FITNESSBLENDER

YOUTUBE:
POPSUGAR FITNESS

YOUTUBE channel:
YOGA WITH ADRIENE

FREELETICS

SHAOLIN
TRAINING

FUN & FITNESS

MUSIC: WORKOUT MIX

.CREATE YOUR COMMUNITY- YOU ARE NOT ALONE

INSTAGRAM PAGES YOU CAN FOLLOW

CLICK TO ACCESS



LIVE PARTIES

[@DJMISTER_S](#)

[@MANNYNORTE](#)

[@DONNIE_SUNSHINE](#)

[@DJACE](#)

CREATIVITY & ENTERTAINMENT

[@SUBJECTIVITYUK](#)

[@FACEINTHENEWS](#)

[@DOPEBLACKART](#)

[@KAEKURD](#)

[@DIONNEREID](#)

[@BESTVINESNOW](#)

[@SOOFIYA](#)

[@MOTHECOMEDIAN](#)

[@HERMUSICOFFIAL](#)

POSITIVITY & INSPIRATION

[@SIMONSINEK](#)

[@THEPOSITIVEMINDS](#)

[@INSIGHTTIMER](#)

[@THEHOLISTIC.COACH](#)

[@THEGOODQUOTE](#)

[@REDTABLETALK](#)

CAREER & FITNESS

[@COUPE_DC](#)

[@THECHRISDO](#)

[@CIARALONDON](#)

[@GARYVEE](#)

[@MASSY.ARIAS](#)

[@JAYSHETTY.](#)

[@THEBODYCOACH](#)

[@PATIENCEGOP](#)

[@JAYJAYREVLON](#)

HELPFUL NUMBERS

If you need to get in touch with someone, contact...

ANXIETY UK

03444 775 774

SAMARITANS

116 123

text 85258

COVID HELPLINE

0800 024 1222



I hope you found this Pack
helpful.

Remember to breathe
and take each day step by step.

"IF YOU CAN'T GO OUTSIDE
GO INSIDE"



@KiDiN YOU