

## **8 suggestions to keep you busy at home:**

Whether you have a minute or an hour, you're sure to find a great **quiz** here to test your brain: <https://www.sporcle.com/quiz/>

9 **online cooking classes** to keep you full and fulfilled (options for every budget, skill level and appetite): <https://www.cnet.com/news/great-online-cooking-classes/> You will need to scroll down to find the links to the websites.

A selection of **free 30-minute or less online yoga classes** from YogaDownload. These free full yoga classes include styles suitable for everyone. Classes featured include beginner yoga classes, vinyasa yoga, hatha yoga, free meditation classes, and yin yoga, and yoga for stress relief and relaxation:

<https://www.youtube.com/playlist?list=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAI>

20+ YouTube Channels to Learn **How to Draw for Free:**

<https://mymodernmet.com/how-to-draw-youtube/>

13 YouTube Channels to Teach You **How to Paint for Free:**

<https://mymodernmet.com/online-painting-tutorials/>

**How to Make Your Own Stencils** + Thousands of Free Ready-to-Use Downloads: <https://mymodernmet.com/make-your-own-stencil/>

20 Creative **DIY Project Ideas**: how to transform useless items at home into creative ideas. Some crazy ideas, though:

[https://www.boredpanda.com/creative-diy-project-ideas/?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=organic](https://www.boredpanda.com/creative-diy-project-ideas/?utm_source=google&utm_medium=organic&utm_campaign=organic)

How to **make your own memes**:

- <https://www.canva.com/create/memes/>
- <https://imgflip.com/memegenerator>
- <https://makeameme.org/>