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MOVEMENT CONTROL ORDER/ LOCKDOWN

CHEAT SHEET

250 Ideas For Them Bored Heads

KIDS



1. School work/revision supervision
2. Reading books/news articles
3. Activity books (ie colouring/sticker books etc)
4. 'Camping' indoors
5. Building cardboard castles
6. Memorisation activities (anything needed!)
7. Decorating/organising their room to be more exciting and functional
8. Pretend play
9. Public speaking rehearsal
10. Practise drawing
11. Quizzes on general knowledge
12. Story telling (by/for kids)
13. Print daily schedule/chores for kids
14. Baking/cooking with kids
15. Practising good manners (communication/table manners/respect etc)
16. Explain to them on why we can't go out
17. Switching on the news and watch with them
18. Help them build good habits (ie less gadgets/house chores/make their beds)
19. Introduce new hobbies/activities (ie write letters)
20. Conducting home improvement activities with them (safe ones!)
21. Call/Video call other family members
22. Discuss with them on....anything they want to talk about ! Listen & be present
23. Movie nights ! Create a playlist for the week
24. Time - off (from gadgets, TV, internet etc)
25. DIY indoor games (bowling, shoot hoops, obstacles, sack/basket race etc)

HEALTH



1. Walk the stairs
2. Walk/jog around the compound
3. Treadmill
4. Stationary bike/trainer
5. Elliptical
6. Strengthening exercises (free weights/body weight)
7. Aerobics exercises
8. Stretching exercises
9. Yoga
10. Jump rope/Skipping
11. Download an exercise app (ie Fat Burning Workouts, Complete Gym Exercise Guide)
12. Set a challenge (ie an exercise for X duration, everyday). Follow through.
13. Develop exercise habits – find a purpose, create a workable plan and routine, execute
14. Sleep early, wake up early – proceed with your workout !
15. Look for informative articles on exercises, how to improve your workout etc – Apply!
16. Plan and draw an exercise/training plan for this duration – Execute!
17. Read on your favourite sports (apply where necessary during this duration!)
18. Write top 10 reasons why you need to be an stay healthy ! You need motivation!
19. Measure yourself (waist circumference, weight, body fat %) – decide on health goals
20. Read articles on healthy and well-balanced eating
21. Assess if your 'special diet' is sustainable given the restricted movement order
22. Read on sustainable dietary and healthy habits
23. Create space and healthy environment (Slide on 'Home Improvement' will help)
24. Detox, detox, detox– from unhealthy food, bad habits and toxic people !
25. Encourage your family to be healthy together with you !

HOME IMPROVEMENT



1. Take a look around your home – what's the biggest source of headache/eyesore?
2. Rank them in order. Which ones are feasible during this duration? Highlight those
3. Layout plan those feasible home improvement activities in your weekly schedule
4. Totally your preference or go for tasks which are easy and not needing tools, first
5. Clear the floor – anything which appears messy or obstructing your path
6. Collect plastic, paper, glass items which are not in use for recycling purpose
7. Clear any clothes in sight (on sofa, chair, floor etc) | Laundry or wardrobe ONLY
8. Refold & organise where necessary all wardrobe (go by section, room, wardrobe)
9. Start removing clothes you're not wearing anymore- to give away/recycle
10. Declutter a messy section | *Sort items to keep, give away, reuse/recycle/throw
11. Rearrange items within a space, or into another space to create functional spaces
12. Place all papers, filers, folders in a shelf/file cabinet – for sorting (*Step 10)
13. Place all work/office stationaries in a box – for sorting (*Step 10)
14. Toiletries and make up – place all in a box and sort ! (*Step 10)
15. Sports apparel, gears & devices – gather them from all nooks and sort (*Step 10)
16. Take ALL books out from all nooks...you know what to do now.. SORT !(*Step 10)
17. Remove all unused kitchen/cooking items to give away/recycle
18. Remove & discard all expired food items from pantry & rearrange the remainder
19. Clear kitchen top & minimise items on them. Make full use of the cabinets/shelf
20. Collect all clean ware/solutions. Rearrange and sort them. Make an inventory!
21. Rearrange furniture in living area/bedroom to create more breathable space
22. Shoe cupboard – remove all shoes, wipe the cupboard clean & sort em shoes!
23. The unused balcony – clear the floor, clean them and declutter the mess
24. The bedroom turned storage (declutter them as you follow through steps 1 -23)
25. Unused house decorative items – Pack to give them away or reuse

HOBBIES



1. On your computer and dust off that blog. Time for a new article!
2. Pick a book, and start reading – now that you finally have time
3. Binge if you like – else schedule a daily catch up with fav flix!
4. Snap away with phone camera to create stock images for work, website, blog etc
5. Need to enhance some photography skills? Go read and practise!
6. Play music to your liking and others' comfort
7. Have a uke but don't know how to strum? Learn!
8. Need a constructive and addictive hobby? Go knit!
9. Draw, paint, build, fix etc – anything which you so badly wanted to do the last 6 months
10. Now your kitchen is sorted out (Home Improvement style), pick and prepare a fav recipe
11. Feeling adventurous? Pick a new hobby. Well, anything that you can do without leaving home
12. Writing: letters, cards, emails or positive and constructive opinion for social media purpose
13. Arts & crafts : DIY greeting cards, decors, labels, tags, etc
14. Order a paint by number kit, and get painting once it arrives or
15. Print a colour/paint by number page, colour/paint creatively!
16. Pick a language to learn – those language books, websites and apps, make use of them!
17. Games on your phone? Sure! Schedule a time daily/weekly to ensure you're still productive
18. Shine your inner astrophile and check out nasa.gov , slate.com, heavens-above.com etc
19. Love songs with a real story, name and history mentioned in them? Start with Rasputin, Franz Ferdinand and Yellow River (Christie)
20. Trivia? Post 7 items (on social media) which you can't name and get your friends to help!
21. Board games/card games with your family over a good bowl of snack
22. Baking – Yes, if you have them ingredients
23. Have a Sudoku book around? Go ahead! Else, available online too
24. Gardening – Now that you have more time, gardening can be a good and timely hobby
25. Continuous learning? National Geographic Channel, Discovery Channel, History Channel, Animal Planet and Discovery Travel & Living are among great educational TV channels!

MOVIES



1. E.T. (1982)
2. The Last Emperor (1988)
3. Bill and Ted's Bogus Journey (1991)
4. Death Becomes Her (1992)
5. Schindler's List (1993)
6. Interview with the Vampire (1994)
7. Clueless (1995)
8. The Rainmaker (1997)
9. Titanic (1997)
10. 10 Things I Hate About You (1999)
11. The Blair Witch Project (1999)
12. Nang Nak (1999)
13. The Devil's Arithmetic (1999)
14. Gladiator (2000)
15. The Royal Tenenbaums (2001)
16. A Beautiful Mind (2002)
17. Hidalgo (2004)
18. Downfall (2004)
19. The Lord of The Rings : The Return of The Kind (2004)
20. The Lake House (2006)
21. The Departed (2007)
22. Valkyrie (2008)
23. Letters from Iwo Jima (2006)
24. Slumdog Millionaire (2009)
25. Red Sparrow (2018)

BOOKS



A. History

1. Salahuddin vs Richard (Mu'min Jarni)
2. The Fishing Fleet (Anne de Courcy)
3. Lost Islamic History (Firas Al Khateeb)
4. Hitler (Robin Cross)
5. The Caliphate (Hugh Kennedy)

B. Fiction

1. The Firm (John Grisham)
2. A Time to Kill (John Grisham)
3. The Rainmaker (John Grisham)
4. Executive Orders (Tom Clancy)
5. Op-Center (Tom Clancy)
6. The Stand (Stephen King)
7. Salem's Lot (Stephen King)
8. Dream Catcher (Stephen King)
9. The Da Vinci Code (Dan Brown)
10. Deception Point (Dan Brown)
11. The Queen of the Damned (Anne Rice)

C. Non Fiction

1. Joe Baker (Angelika Erpic)
2. Peninsula: A Story of Malaysia (Rehman Rashid)
3. What Your Teachers Didn't Tell You: The Annexe Lectures Vol. 1 (Farish Noor)
4. How to Simplify Your Life (Tiki Kustenmacher)
5. Happiness by Design (Paul Dolan, PhD)
6. Glimpses: Cameos of Malaysian Life (Adibah Amin)
7. Psychology for Busy People (Joel Levy)
8. The New Contended Little Baby Book (Gina Ford)
9. The Rules of Work (Richard Templar)

OLDIE BUT GOODIE



1. Board games

1. UNO game
2. Trivia
3. Monopoly
4. Chess
5. Checkers
6. Battleship

2. Hand held games

• *Nintendo Games*

1. Super Mario World
2. The Legend of Zelda
3. Pokémon Snap

• *Sega Game Gear Games*

4. Sonic the Hedgehog 2
5. Super Columns
6. Tetris Brick Game

3. Video games

1. Raptor
2. Prince of Persia
3. Mortal Kombat
4. Road Rash
5. Warcraft
6. The Sims
7. Super Mario Galaxy

4. Pen and paper games

1. Name game
2. Tic-tac-toe
3. Sim
4. Hangman
5. SOS/XOX
6. Dots and boxes

MIND & SOUL



1. Forgive your enemies
2. Where necessary forget them
3. Declutter your physical environment
4. Declutter your social media (remove strangers and toxic people)
5. Unsubscribe from irrelevant newsletter
6. Learn your enemies or difficult personalities to arm you better
7. Sleep early and wake up with a clear mind and high energy
8. Plan a weekly schedule to attain what you want to achieve next 7 days
9. Plan a daily routine to ensure boredom doesn't come near
10. Refresh and clean contact list –in email and phone
11. Organise a daily routine for young kids. They love some structure!
12. Dying to contact friends and BFFs? List and schedule comms !
13. Create a quiet, spiritual or zen corner in your home.
14. Read books – on peace, resolving issues/problem solving
15. Listen to spiritual audio/videos based
16. Settle unpaid bills and debts
17. Read articles/books on financial management
18. Assess if you are physically or emotionally stressed, and if yes, are you current coping/managing ways working ? If no, learn how to cope
19. Stay away from negative thoughts or triggers of negative thoughts
20. Read and research on mental health topics which relates or intrigues you; depression, anxiety, stress, phobia
21. Be a positive and effective beacon to those around you. Always.
22. Before you sleep, reflect on your daily achievements and visualise what you want to achieve the following day
23. Declutter those WhatsApp group too !
24. Learn how to negotiate with kids, adults, bosses, co-workers etc
25. Surround yourself with positive, critical yet respectful people

TRIVIA

** answer in last slide*



1. How many known planets are in our solar system?
2. How old is the moon?
3. What man made structure in space can be seen with the naked eye?
4. What man made structure on earth can be viewed from space?
5. What is Route 66 famous for?
6. Which civilisation first used towels?
7. Why is the sky blue?
8. Who was Franz Ferdinand?
9. Which country is the band Boney M from ?
10. How deep is the deepest trench?
11. How are mountains formed?
12. What is Easter Island famous for?
13. Was Mulan (Disney) based on a real story?
14. How many Sultans ruled during the Ottoman Empire?
15. Which war lasted the longest?
16. Who invented algebra?
17. Where is the Circle of Willis located?
18. Why is our blood red?
19. Who invented plastic?
20. Which is the fastest bird?
21. Smartest sea creatures? Name 2.
22. Which leader led the Salt March?
23. 'I have a dream' – Which icon is related to this iconic speech
24. Thrilla in Manila – is famous because?
25. Who were the historical 'Orang Laut' / Sea Nomads/Celates?

COVID-19



Facts from WHO

1. COVID-19 can be transmitted in ALL areas including hot and humid weather
2. The best way to protect yourself is by frequently washing your hands
3. Cold weather and snow CANNOT kill COVID-19
4. Taking a hot bath does not prevent COVID-19
5. To date (23.3.2020), there are no specific medicine to prevent or treat COVID-19
6. This new virus and disease was unknown before the outbreak in Wuhan, China
7. Studies suggest that coronaviruses (including prelim info of COVID-19) may persist on surfaces for a few hours up to several days
8. Clean surfaces with disinfectant to protect yourself
9. Measures which are NOT EFFECTIVE against COVID-19
 - Smoking
 - Wearing multiple masks
 - Taking antibiotics
10. If you are healthy, you only need to wear a mask if you are taking care of a person suspected with COVID-19
11. Wear a mask if you are coughing or sneezing
12. Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
13. If you wear a mask, then you must know how to use it and dispose of it properly.
14. Employers: Make sure your workplaces are clean and hygienic
15. Surfaces and objects need to be disinfected regularly. Contamination on surfaces touched by employees and customers is one of the main ways that COVID-19 spreads
16. Put sanitizing hand rub dispensers in prominent places around the workplace. Make sure these dispensers are regularly refilled
17. Make sure that staff, contractors and customers have access to places where they can wash their hands with soap and water. Because washing kills the virus on your hands and prevents the spread of COVID-19
18. Ensure that face masks and / or paper tissues are available at your workplaces, for those who develop a runny nose or cough at work, along with closed bins for hygienically disposing of them. Because good respiratory hygiene prevents the spread of COVID-19

Additional by missjewelz

19. Stay at home
20. Practise social distancing/avoid crowded areas at all cost
21. Bring disinfectant wipes/spray when you visit public areas/facilities such as the bank, petrol station, buildings where you need to manually open the door
22. Hand sanitiser- Keep them handy
23. Do not leave home if not necessary
24. Be aware of vulnerable groups/high risk; Older adults and people of any age who have serious underlying medical conditions (cdc.gov)
25. Do not spread false and unchecked news. Be part of the solution including supporting our front liners !

TRIVIA (answer)



1. Eight (8); Mercury, Venus, Earth, Mars, Jupiter, Saturn Uranus, and Neptune (Pluto is considered a dwarf planet)
2. 4.53 billion years
3. The International Space Station
4. The Greenhouse of Almeria and Bingham Canyon Mine
5. It was a symbol of 'Changing America' and US's first all-weather highway connecting Chicago to LA
6. Its invention is commonly associated with the city of Bursa, Turkey, where towels (pestamel) were used in Turkish baths in the 17th century
7. When sunlight hits the atmosphere, it is scattered in all directions by air particles and gases. Blue is scattered more than other colours, hence why we see blue most of the time. Blue travels as shorter and smaller waves
8. The Archduke Franz Ferdinand was the heir presumptive of Austria-Hungary throne. His assassination 1914 is considered the immediate cause of WWI
9. Germany
10. Mariana Trench is the deepest trench with an elevation of 10,994m
11. Movements of tectonic plates
12. Moai, monolithic human figures carved by Rapa Nui people between 1250 and 1500.
13. Hua Mulan is based on a legendary/fictional female warrior from the Northern and Southern dynasties of Chinese history
14. 36 Sultans
15. Dutch Scilly War; 335 years from 1651 - 1986
16. Muhammad ibn Musa al-Khawarizmi
17. At the bottom (inferior side) of the brain
18. The colours and its variance are caused by a molecule in red blood cells called Haemoglobin, which contains the metal iron. When blood passes through the lungs, the haemoglobin absorbs oxygen from the air we breathe and turns bright red
19. Leo Hendrik Baekeland, a Belgian-born American in 1907
20. Peregrine falcon (320km/hours)
21. Dolphin and octopus
22. Mahatma Gandhi led the 24 days march in colonial India in 1930
23. Martin Luther King
24. The Thrilla in Manila was the third and final boxing match between Muhammad Ali and Joe Frazier. It was contested in 1975 for the heavyweight championship of the world at the Araneta Coliseum in Cubao, Quezon City, Philippines
25. Historically, the Orang Laut played major roles in Srivijaya, the Sultanate of Malacca, and the Sultanate of Johor. They patrolled the adjacent sea areas, repelling real pirates, directing traders to their employers' ports and maintaining those ports' dominance in the area

Thank You!