

Lockdown Lifehacks

Action: Share a skill you have that could help other people get through Lockdown & beyond. Nominate three people you know to do the same.

Why is this important?

Young people have been needlessly excluded from the response effort during the pandemic - but did you know that 92% of young people think this could be a moment to change society for the better?

Young people have taken matters into their own hands, by starting their own projects, continuing their volunteering and looking out for their loved ones. And now they're going one step further.

Young people from the #iwill campaign, the NHS Youth Forum, Scouts, Girlguiding, NCS and Youth United Foundation have developed actions for other young people to help others at this time. Whether it's their friends, family, classmates or neighbours - these actions give all young people the power to help.

How to take part:

Stay connected, beat the boredom, and develop your skills - all whilst helping others.

Share a skill you have, that could help others through lockdown. Do you know how to run the perfect bath? Could you help someone learn how to introduce themselves in British Sign Language? Could you teach someone how to play chess to stave off their boredom?

Whether it's crafts for self-care, skills for the future, or a lockdown lifehack, we want you to share it, and nominate others to do the same.

With your followers:

Step 1	Step 2	Step 3	Step 4
Think of a skill you have that could help other people (see our sample list below for some ideas!)	Create a way to share your skill over social media (check out these creative ways for inspo!)	Share your skill via a social media post, story or live-stream and tag #LockdownLifehack	Tag three other people in your post to invite them to share their skill too.

With your friends and family:

Step 1	Step 2	Step 3	Step 4
Think of a skill you have that could help	Create a way to share your skill with	Share your skill on a video call (such as	Invite your friends and family to share

other people (see our sample list below for some ideas!)	your friends and family (check out these creative ways for inspo!)	facetime, skype, zoom) or at your next socially-distant outdoor meetup.	their skills too!
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With your school:

Step 1	Step 2	Step 3	Step 4
Send this guide to your teacher and let them know you want your class or school to take part	Work with them to plan a session where everyone can create a way to share their skills	Hold your lockdown lifehacks session with your class or school!	Let us know how you got on by taking photos or videos and sending them to iwillambassadors@stepuptoserve.org.uk

With your youth group/club/forum:

Step 1	Step 2	Step 3	Step 4
Send this guide to your group leader and let them know you want your group/club/forum to take part.	Work with them to plan a session where everyone can create a way to share their skills. You could link it to skills you might have to learn or develop to gain badges/awards.	Hold your lockdown lifehacks session with your club/group/forum!	Let us know how you got on by taking photos or videos and sending them to iwillambassadors@stepuptoserve.org.uk

There is also a guide for wider youth services who work with young people in different settings to deliver the action with the young people they work with, which you can find [here](#).

Sample skill list:

Helping others out:

Ways to help others:

- How to change a nappy
- How to listen to someone sharing their feelings
- How to make a face mask
- How to collect a prescription for someone else
- Cooking for others
- How to make a thank you card
- How to put together a care package
- How to help someone having a panic attack
- CPR/ first aid

Tips for self-care

- Cooking
- Baking
- Mindfulness/meditation
- Yoga
- Hair/beauty
- Create MH toolkit

Sharing skills for the future:

- Public speaking
- Debating
- Coding
- BSL
- Languages

Boredom-busters:

Crafts

- Origami
- Crochet
- Knitting
- Sewing
- DIY
- Drawing/painting
- DIY playdough/slime

Other

- Dancing

Magic

Chess

Dungeons and Dragons skills?

/tutorial/ general gaming skills