# 6 Things you can learn during The Lock-Down

Now that it has been long we are stuck at home, being at home we have tried everything new that was possible, be it trying out new dishes, or some fitness challenge and many more things. We can make ourselves busy with the things that will be beneficial for us after the crisis ends.

Lockdown can be an excellent opportunity to learn something new or practice an existent skill and become proficient in it.

A quick analysis to choose what to get started!

* A skill that gives us a break from our daily activities.
* We can try looking for skills which make a quick impact on our career or business.
* Skills for which the ratio of learning time: Implementation is not very much.
* Skills which we can learn from home.

**Learn a new language!**

Having a good grasp of a second language is also an in-demand work skill. You can start by selecting a Language you have an intellect to learn. Even languages that seem impractical can still bring you the joy and benefits of learning. There are many apps like, Babbel or DuoLingo which have a free level and are fun to use and get started with. You can just take out 15 minutes a day and learn any language. With a wide selection of YouTube videos and online tutorials at your disposal, why not use this time to learn a completely new language. Online tools give you everything you need to help you brush up on vocabulary.

**Learn how to Cook!**

This pandemic has made us realize the importance of being independent. The time when we did not have any kind of external help was the best time to become *“atmanirbhar”*(Independent).

The term on a small scale can be interpreted as being able to do all our work on our own.

It is said, “Food is the source of Energy.” One good thing about being home a lot is that you can finally spend time cooking things from scratch. You can find great recipes online, also we all have the head chef’s at-home: our mothers, grandmothers. Their experience and practice in this are unmatchable! This can be the best way to learn a new skill and spend some time with family!

**Learn how to Code!**

If computer programming is your thing then why not learn some new skills for free. In an increasingly digital age, the ability to code can put you at a major advantage. Finding a suitable course will structure your plan to learn to code. There are many platforms which came forward during the pandemic to motivate everyone to learn new skills. You can use online tutorials, but don’t blindly follow them, write everything out yourself and be curious! If you’re not sure how something works or what its behaviour will be, try it.

**Learn a new Dance form or a new Instrument!**

Put together a list of your favourite songs and dance. No one is judging you now, you have the whole place to yourself and you have plenty of time. It is the perfect time to practice some moves and get grooving. If you’re already a dancer, you can always try and learn a new dance form.

If you have a musical persuasion, you could channel your current emotions into a song or even an entire album of them and begin to fill your days with the sound of music. It is time to bring out whatever musical instrument you have got and look up some tutorials online and get playing. If you do not have any instrument at home, have a look around the house and see what you have to make your very own musical instrument. Some apps let you turn your Smartphone into a mic, and sing your favourite hits with the usual gang and practice new songs to sing.

**Start reading Books!**

Books are said to be our best friends! It is because books carry a lot of treasures. They bring out the best in us. They stimulate our minds. Our brain muscles can only be exercised and made stronger by reading books. Reading is a stress-relieving activity. It is a hobby that keeps us entertained. Books make you picture whatever is written on your mind. This improves your imagination. It also increases our vocabularies and improves our oratory skills. Books improve our speech and give us the confidence to express ourselves articulately. Even if we cannot arrange physical copies, there are the digital format of books, such as EBooks and pdfs that we can order online.

**Improve Communication Skills!**

This is also a golden opportunity for those who wish to hone their English speaking skills while staying at home. You can transform yourself into a wonderful communicator from your home. Though you will need to display loads of commitment and discipline and will need the right tools for practice. You can start with choosing any one topic of your choice you wish to discuss with others and try to speak with yourself and learn new word related to that topic. You can practice speaking by viewing mirror, also check your facial expressions while you speak.

The changes we’re making to our lives as a result of the COVID-19 pandemic while trying are offering many of us more time to learn such a new skill. By thinking carefully about what you want to learn and why, how you’ll learn best, what it will take to embed your new knowledge and how you can share it. A lot of platforms are providing digital free courses for a wide range of topics; all you have to do it take out some time every day to learn something new. Use this time to know yourself better and do all that you wanted to do but never had the time to. Let’s all use this time to do something positive rather than concentrating on the negative.