

Ways to Keep Yourself Occupied

Inside Activities

- Read a book/audiobook - <https://www.cnet.com/news/how-to-get-free-e-books-magazines-movies-and-tv-shows-from-your-local-library/>
- Draw/paint – ‘Lunch Doodles’ (weekdays at 1:00) - <https://www.kennedy-center.org/education/mo-willems/>
- Write a poem, song lyrics or journal
- Exercise/yoga – YouTube or <https://www.fitnessblender.com/> , workout below, live workouts - <https://projectym.com/live/soon/>
- Clean or organize your room / house
- Go through your clothes to donate
- Make your family dinner / cook and bake
- Play old boardgames / playing cards / puzzles
- Create cards & artwork to nursing homes and hospital staff/first responders
- Sharing Artwork on Facebook for nursing homes - <https://www.facebook.com/groups/coronasunshine/>
- Listen to a podcast
- Listen to music
- Make picture books/ collages - <https://www.shutterfly.com/>
- Dance / learn a dance on TikTok
- Write emails or letters to friends, call or FaceTime/Skype/Zoom - <https://www.cnet.com/news/7-free-video-chat-apps-to-use-while-youre-social-distancing/>
- Watch a movie or “Netflix party” - <https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa?hl=en>
- Learn a language - <https://www.duolingo.com/>
- Career exploration and Smart Futures
- Learn life skills (how to balance a checkbook, do laundry, change oil) - <https://www.livingwellspendingless.com/48-life-skills-everyone-learn/>
- Try a new skill - find tutorials on YouTube - <https://www.youtube.com/>
- Creating activities for younger siblings - <https://thecornerstoneforteachers.com/15-fun-indoor-recess-games-and-activities/>
- Start a new hobby (learn a musical instrument, Sewing) - <https://www.lifehack.org/articles/money/this-list-50-low-cost-hobbies-will-excite-you-2.html>
- Service activities - helping elderly neighbors with groceries, running errands or lawn care

Virtual Activities

- Virtual museum tours - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Virtual college tours – look on college websites for virtual tours and information about the campus
- Virtual national park tours - <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
- Virtual Broadway plays – www.playbill.com

- Nightly Met Opera streams (Free) - <https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>
- Zoo (live streaming/web cams) – zoo’s website

Outside Activities:

- Geocaching
- Nature hike
- Go for a walk, run, bike– try to get outside every day for fresh air!
- Messy science experiment
- Wash a car or a bike
- Go on a scavenger hunt
- Fly a kite
- Have a picnic lunch or dinner
- Sidewalk chalk
- Plant seeds for a garden/garden
- Ride a bike, skateboard
- Taking your dog for a walk/spend time with your pets
- Sports

“Use this time to unwind , disconnect and hopefully find some calm” -

<https://www.cnet.com/news/free-entertainment-to-help-you-survive-coronavirus-social-distancing/>



COVID-19 Workout - created by Catherine Malatack

- 20 Jumping Jacks
 - 20 Air Squats
 - 10 sit ups
 - 30 second break
 - 30 second mountain climbers
 - 20 lunges- 10 for each leg
 - 30 second plank
- Work on repeating in to as many as three times daily (Indoor or Outdoor)*

Resources:

- If you need assistance like food or other essentials, please contact your family coach, school counselor or visit the United Way - <http://211.org/>



- If you need to speak anonymously to a crisis counselor contact the Crisis Text Line - <https://www.crisistextline.org/>



Presented by the counselors from Agora Cyber Charter School