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 <u>www.playbill.com</u>

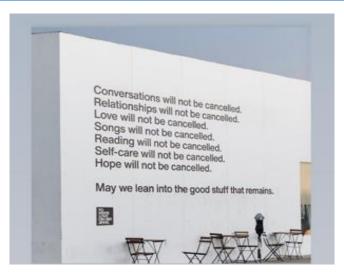
- Nightly Met Opera streams (Free) https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/
- Zoo (live streaming/web cams) zoo's website

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/



<u>COVID-19 Workout</u> - 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/

