

ACTIVITIES WHILE SOCIAL DISTANCING

- 1) Meditation
 - a. Youtube: guided meditation
 - b. Headspace app
 - c. Calm app
- 2) At home workout program
 - a. www.sweat.com
 - b. www.keepitcleaner.com.au (also on facebook and Instagram: @KeepItCleaner)
 - c. bodiesbyrachel.com.au
 - d. emilyskyefit.com
 - e. Yoga with Adrienne on youtube and Amazon Prime
 - f. Cosmic Kids Zen Den- yoga videos for kids
- 3) DIY Beauty Treatment
 - a. Face mask
 - b. DIY mani/pedi
- 4) Facetime with a friend or family member
- 5) Walk your dog
- 6) Reading
- 7) Take a bath
- 8) Take a walk
- 9) Listen to a podcast
- 10) Board game with family
- 11) Art projects
 - a. <https://www.yummytoddlerfood.com/activities/the-best-salt-dough-ornaments/>
 - b. <https://mommypoppins.com/content/weework-kids-craft-easy-salt-painting>
- 12) Make a time capsule
- 13) Spring clean
- 14) Play an instrument
- 15) Write poetry
- 4) Learn a language
 - a. Chalk Academy
 - b. Conjuguemos
 - c. Duolingo
- 17) Learn calligraphy
- 18) Declutter
- 19) Knit or crochet
- 20) Color something
- 21) Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year?
- 22) Try to reproduce something you see on Pinterest. It is okay if it is a fail, try again!
- 23) Make a list of things for which you are grateful
- 24) Learn origami. Make cranes for your loved ones.
- 25) Scholastic published an online resource that offers day-to-day projects to keep children reading, thinking and growing during the self-quarantine
- 26) Audible: Audible has made hundreds of titles completely free to help visit stories.audible.com
- 27) Kennedy Space Center has launched science lessons on Facebook Live
- 28) Keep learning at home, free online resources:
 - a. Pbskids.org
 - b. www.starfall.com
 - c. Kids.nationalgeographic.com
 - d. ABCmouse.com
 - e. Scholastic.com/learnathome
 - f. Play.prodigygame.com
 - g. www.khanacademy.org
 - h. www.typingclub.com
 - i. www.squigglepark.com
 - j. Mysterdoug.com
- 29) Draw with sidewalk chalk
- 30) Plant a garden
- 31) Make and then play with puppets
- 32) Have everyone in the family dress up fancy and do a dinner party
- 33) Bake something
- 34) Learn a new recipe
- 35) Make a sweet music video to your favorite jam
- 36) Create a music parody of your favorite song
- 37) Start a virtual book club with your friends or family
- 38) Play Dungeons and Dragons with your friends virtually (Zoom, Skype, FaceTime, Google hangouts, Vsee, etc.)
- 39) Write a letter to someone and send it via snail mail 😊
- 40) Try some new makeup styles