**Quarantine Activities**

**Educational:**

-Read

-Documentaries

-Skills (handiness/finances/counting/reading/cooking etc.)

-Music (read notes/play an instrument)

-Podcasts

-Sign Language

-Online course

**Culture:**

-Virtual tours

-Try recipes from other cultures

**Creative:**

-Blog/Vlog

-Paint/crafts/puzzle

-Photoshoot

-TikTok

-Develop a game

-Write: Poetry, book, journal, song, short story

-Research something you have always wanted to learn about

-Create recipes

-Learn to dance (YouTube)

-Sidewalk chalk

-Crossword/Soduku/Hangman

-Write letters to loved ones

**Self-Care:**

-Workout/Zumba

-Meal plan/meal prep

-Stretching

-Meditation

-Gratitude journal

-At home spa days

**Social:**

-Video chat

-Facebook

-Reconnect with people you haven’t spoken to in a long time (phone/letters)

-Video get togethers (games/karaoke/dinners/costume party)

-Dress up dinners over video chat with other client homes

-Virtual dance party

**Future:**

-Bucket list

-Post quarantine plans

-Create a vision board

-Plan a road trip

**Nature:**

-Walks

-Scavenger hunt

-Backyard picnic

-Plant a garden/flowers

-Bird watching

**Organizing:**

-Drawers

-Closets

-Garage

-Collect items for yard sale (money motivated individuals)

**Misc Fun:**

-Build a fort

-Hot/Cold game

-Hide n seek

-Write a perform a play/skit

-Board/Card games

-Play catch

-Look for constellations