

15 THINGS

to do at home during quarantine!

Thank you for taking precautions to be safe and healthy by staying home. Here are a few things you can do to stay connected and boredom-free during this time.

If you see underlined text, click it for links!

1 Stay safe, stay active with daily chair exercises.

Here's a great online resource for exercise examples!



2 Organize.

We all have a closet, drawer or box to organize and clean. Make a list and work to check off one or two items a week.



3 Stay in touch with the whole family by participating in virtual visits.

Zoom offers free online video chat and meetings.



4 Travel the world from the ease of your armchair!

See all the sights and learn about the culture through this online resource.



5 Step outside onto your patio/balcony to enjoy the weather!

Get some fresh air, wave to your neighbors, smell the roses or have coffee together while social distancing.



6 Keep your mind sharp with free online games like Scrabble.

Most of your favorite games can be played with others online!



7

Attend services in the safety of your living room!

Check your local guide for live TV services or search online for your church's live streaming schedule.



8 Decorate your door and windows with rainbows and bears.

Watch as the neighborhood children go on a bear and rainbow hunt during their daily walks outside.



9 Get some extra exercise through cleaning!

Each day, clean another area or room; soon enough your whole apartment will be sparkling clean!



10 Finish that craft project or start a new one.

Make sock monkeys for grandchildren or to donate. Here are online instructions!



11 Phone a friend!

We could all use hearing a familiar voice. Check in on your friends, family or neighbors.



12 Write letters to family and friends.

You can also spend time writing a letter to a veteran. Get connected with a veteran through this website.



13 Read a good book.

Sometimes just taking a quiet moment to get lost in your favorite author's writing is just what we need.



14 Veterans, we need you!

Recant your military mission stories and become part of history by submitting your experience to the Library of Congress' Veterans History Project.



15 Start a family tree to share with your family.

Learn more about starting your family tree online!