

THINGS TO DO WHILE SOCIAL DISTANCING





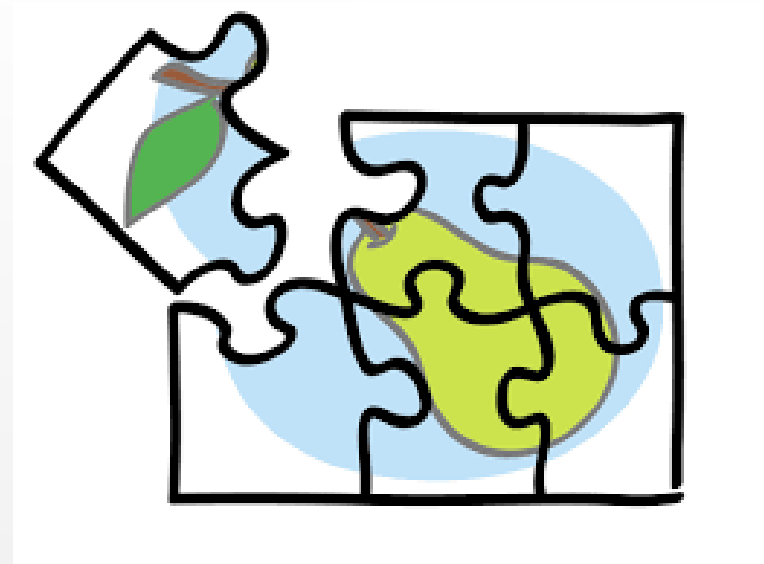
- ▶ Have something to add?
 - ▶ Email Kyra or Abby to update this document

THIS LIST WILL BE UPDATED AS WE
LEARN ABOUT OTHER RESOURCES



DO A PUZZLE

Printable Puzzles



- ▶ THEY CAN INCLUDE:
 - ▶ HAND SANITIZER
 - ▶ HAND SOAP
 - ▶ GLOVES



CREATE CARE KITS FOR HEALTHCARE WORKERS

CLEAN YOUR ROOM/LIVING SPACE



Beginner Recipes



COOK A MEAL



There is a shortage of blood. If you are healthy and able, please consider donating! You can schedule an appointment at the link below.

[Schedule an Appointment Today!](#)



DONATE BLOOD (IF YOU ARE ABLE TO!)



Many people over the age of 65 are unable to leave their homes so any interaction they have with is so meaningful!

Call some friends to check in as well

CALL/VIDEO CHAT WITH AN ELDERLY PERSON



How to Sew a Face Mask



IF YOU'RE A SEWER-MAKE
FACE MASKS!

► Virtual Film Festival



WATCH A SHORT FILM

MAKE A CARD FOR AN
ELDERLY
PERSON/SOMEONE WHO
IS QUARANTINED



EXERCISE



Yoga is helpful
to combat stress



Go for a walk
outside



Stretch



Walk your dog,
if you have one



- ▶ Some possible prompts
 - ▶ Five years from now, I will be...
 - ▶ Describe an event that changed your life forever, or make up and describe an event that would change your life forever.
 - ▶ Which famous person would you most like to meet and why?
 - ▶ Three goals I have set for myself are...
 - ▶ What would you do if someone just gave you \$1 million?
 - ▶ What would you do if you could travel free anyplace in the world?
- ▶ Use Google to look for more

WRITE IN A JOURNAL



- ▶ Wash clothes
- ▶ Clean the kitchen
- ▶ Take out trash/recycling
- ▶ Clean the bathroom

DO SOME CHORES





- ▶ [8 Awesomely Simple Science Experiments You Can Do at Home](#)

DO A SCIENCE EXPERIMENT

