

# 43 IDEAS FOR QUARANTINE



Cabin fever is real! When binge-watching programs and scanning social media get you down, take a break from the blue screen and try something new.

These 43 ideas are bound to help boost your creativity and spirit. Share with a friend and enjoy the journey!

## TUESDAY

- Cook a new recipe
- Write a poem or haiku
- Make sock puppets
- Try paper mâché
- Write about a favorite memory or treasure
- Gaze at the moon

## WEDNESDAY

- Stretch!
- Try a new podcast
- Call Mom or Grandma
- Listen to the birds
- Learn a new dance
- Organize a virtual happy hour

## FRIDAY

- Meditate in the sun
- Paint a picture
- Handwash the dishes
- Sing Do-Re-Mi
- Try origami w/a dollar
- Play a card game
- Outline your perfect day, dawn to dusk

## SATURDAY

- Do five jumping jacks
- Make a donation
- Create a pet rock
- Practice the alphabet backwards
- Watch the clouds
- Listen to an old radio broadcast

## MONDAY

- Take a 10 min walk
- Organize the closet
- Draw a rainbow
- Take a bath w/candles
- Send a letter to a friend or relative

## THURSDAY

- Vacuum and dust
- Read a new book
- Try Tai Chi
- Create a photo book
- Write with your opposite hand
- Learn a magic trick

## SUNDAY

- Drink water
- Do a crossword
- Explore new music
- Frame a fav picture
- Take 10 deep breaths
- Blow bubbles
- Learn about species of butterflies