

# Stuck at Home? We Have Some Ideas!

## Self-Care



- Give yourself a manicure
- Exercise
- Listen to or read a book
- Meditate
- Scrapbook

## Stay Connected



- Call or text a friend
- Write a letter to someone
- Check-in on family
- Plan your next vacation
- Start a movie club

## Try Something New



- Take an online course
- Cook new recipes
- Bake something from scratch
- Learn a language
- Try a new craft

## Create a New Routine



- Outline your morning
- Make daily to-do lists
- Set t.v. limits
- Meal prep healthy recipes
- Try a sudoku puzzle

## Enjoy Nature



- Go for a walk
- Watch a nature documentary
- Journal in the park
- Do yoga outside
- Create a backyard scavenger hunt

## Be Creative



- Google adult coloring books
- Create Pinterest boards
- Reorganize one room
- Take a virtual art class