

Quarantine Activities

#1000hoursoutside:

- ☐ Trails & neighborhood walks
- ☐ Mini-golf, kites, other outdoor games
- ☐ Bird-watching, draw/paint flowers
- ☐ Practice a sport

To take better care of our health:

- ☐ Train for a 5K/Ride our bikes
- ☐ Just Dance/Go Noodle
- ☐ Explore a new healthy recipe
- ☐ Try a yoga workout video

For the love of art/creativity:

- ☐ Write a short story or children's story
- ☐ Create a skit/dance
- ☐ Create family newsletter/video
- ☐ Create a scavenger hunt/new game
- ☐ Art workshops online

To keep our minds learning:

- ☐ Read (individually & together)
- ☐ Explore lessons on a specific topic
- ☐ Online academic exercises
- ☐ Learn some phrases in another language
- ☐ Memorize Bible verses or poems

To explore/try something new:

- ☐ 1-on-1 or 2-on-1 dates (get creative)
- ☐ Virtual field trips
- ☐ Try a new hobby (like crochet)
- ☐ Learn about birds/flowers outside
- ☐ Etiquette lessons

Indoor activities:

- ☐ Games, games, more games
- ☐ Inspirational movies
- ☐ Journaling/Scrapbooking
- ☐ Legos/puzzles
- ☐ Forts/indoor camping

For Family Teamwork:

- ☐ Help with spring cleaning/organizing
- ☐ Sibling Time
- ☐ Help with meal prep
- ☐ Help with yardwork, washing cars
- ☐ Discuss monthly goals (virtues)

For our love of connection:

- ☐ Make & share family diary videos
- ☐ Write letters/cards to distant family/friends
- ☐ Video chat with grandparents
- ☐ Brainstorm ways to volunteer
- ☐ Write gratitude list or notes to siblings