

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