

Tips for Staying at Home

As more and more of us are staying home during this coronavirus pandemic, we're having to learn new ways to be together for longer periods of time. Here are some suggestions that may help:

Create a Relaxed Schedule – Use this time at home to get some more sleep or tackle projects you've been meaning to. You don't need a rigid schedule with every moment accounted for, but getting up at a reasonable time, having regular mealtimes and scheduling in time to connect with others will help.

Set up Zones in your Home – For families with kids at home, it's helpful to establish Play Zones or Quiet Zones so that there are ways to separate or change scenery as needed. If you're trying to work at home, set up an actual workspace where you sit to work and leave when you're off the clock.

Get dressed – When we're at home and not planning to see anyone, it's easy to spend all day in pajamas or old t-shirts. It's great to be casual and comfortable, but putting on clean clothes, washing your face, brushing your teeth & hair in the morning signals the new day to your brain & can help ward off depression.

Monitor Screen Time -- It's normal to use the unexpectedly free time to sleep and often a lot more screen time. However, some studies have shown that too much screen time can also lead to insomnia, mood swings, less productivity, less curiosity and a greater feeling of aloneness. It's ok to have a little more screen time than usual, but all day every day is not a great idea for anyone.

Reach Out to Others – Make an effort each day to nurture relationships. Call and check in on other people or use FaceTime or Zoom to do a video call. Or even write letters to brighten someone's day.

Practice Healthy Habits -- It's ok to indulge in some treats while at home but be sure to balance this with good healthy meals. Try to step outside for a few minutes of fresh air each day or even go on a short walk. Exercise as you can and try to do something you love everyday – listen to music, dance around your living room, read, do craft projects or other hobbies. Be sure to get enough sleep!

Other Resources:

- Great game ideas <https://www.fatherly.com/play/activities/best-indoor-games-for-kids-and-families-coronavirus-quarantine/>
- Sites for soldier letters, etc. <http://www.anysoldier.com/index.cfm> or <https://supportourtroops.org/cards-letters>
- One line drawing challenge: <https://www.youtube.com/watch?v=eNcFAkkpuPY>
- Three marker art challenge: <https://www.youtube.com/watch?v=0yp7hBd6pKM>
- Guided Meditation Scripts: <https://www.greenchildmagazine.com/free-meditation-guided-relaxation-scripts-kids/>
- Guided Meditation on YouTube: <https://www.youtube.com/watch?v=gqbQQujdis8>
- GoNoodle Music/Dance games: <https://www.gonoodle.com/>
- 50 more ideas: https://thestir.cafemom.com/big_kid/181945/indoor_activities_kids_crafts_winter
- 200+ ideas: <https://feelslikehomeblog.com/2018/06/the-ultimate-list-of-things-for-kids-to-do-when-theyre-bored-200-ideas-printable/>
- Painting Rocks: <https://www.parentmap.com/article/painted-rocks-treasure-hunt-kid-craze>
- Video Tour of Louvre Museum in Paris: <https://www.youtube.com/watch?v=6vuFh6NNa70&fbclid>
- Classic Art Coloring: <http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html>
- Daily Lunch Doodles with Mo Willems: <https://www.youtube.com/watch?v=MjaYnyCJDdU>
- Listen to FREE books on Audible: <https://stories.audible.com/start-listen>

Think You'll be Bored Staying at Home??

Need additional suggestions for what to do? Here are some ideas for grownups and kids of all ages:

1. Bake and/or decorate cookies
2. Put together a jigsaw puzzle
3. Send a hand-written card or letter
4. Organize a closet
5. Find 15 things in your home to donate
6. List outgrown/unused items on eBay
7. Call an old friend
8. Touch base with a relative
9. Organize kitchen plastic containers
10. Check expiration dates on spices
11. Listen to music and/or SING!
12. Go on a walk outside
13. Do a craft project
14. Drink more water
15. Look at old pictures with someone
16. Create a scrapbook
17. Throw out old papers
18. Try a new recipe
19. Create a weekly or monthly meal plan
20. Manicures/Pedicures
21. Try a yoga or exercise video
22. Read a book just for fun
23. Clean out your files
24. Explore a new hobby
25. Take a nap
26. Send 3 encouraging or uplifting texts
27. Go on a virtual tour of a city or museum
28. Check out a Guided Meditation on YouTube
29. Catch up on laundry
30. Memorize a poem
31. Check medicine supply & expiration dates
32. Cull books to donate
33. Listen to a thought-provoking podcast
34. Start a gratitude journal or jar
35. Eat a picnic in the backyard
36. Sleep in!
37. Try to spend 30 minutes alone each day
38. Take a long bubble bath or shower
39. Treat your skin to a homemade facial
40. Relax with candles and soft music
41. Have a phone-free day or meal
42. Watch a sunset
43. Video chat with friends or family
44. Schedule future doctor/dentist visits
45. Unsubscribe from unwanted emails
46. Exercise
47. Sit outside with your coffee or tea
48. Clean out your purse or wallet
49. Indulge in a few minutes of quiet/prayer time
50. Do something you loved as a child
51. Color a picture
52. Decorate with sidewalk chalk
53. Go for a bike ride
54. Let kids choose & prepare lunch
55. Snuggle time
56. Plant something
57. Living Room dance party!
58. Enjoy one-on-one time with each person
59. Research one topic you are curious about
60. Organize one cluttered drawer or small space
61. Lie down outside and look for cloud shapes
62. Family movie night + popcorn!
63. Play cards or a board game
64. Let children video-chat with friends or family
65. Watch a TED talk
66. Put on a puppet show using socks or bags
67. Make pictures with stickers
68. Play-Doh! (or Google how to make your own)
69. Build with blocks, magnets, Legos, etc.
70. Sort buttons or small objects in muffin tins
71. Play game of checkers, chess or backgammon
72. Wash & clean out the car together
73. Play charades
74. Bathe pets
75. Play Hide & Seek
76. Blow bubbles outside
77. Put on a play or make a music video
78. Try "Art Challenges" from YouTube
79. Design and do a Scavenger Hunt
80. Paint rocks to hide for others to discover
81. Write a letter to a soldier
82. Make an obstacle course
83. Build a blanket or box fort
84. Play dress up
85. Listen to an audiobook (or YouTube recorded)
86. Publish a pretend newspaper
87. Make your own sundaes or pizza-topping slice
88. Learn magic tricks
89. Jump rope
90. Search for 4-leaf clovers or dandelions
91. Put books or movies in alphabetical order
92. Discover new places on a map or globe
93. Practice handwriting
94. Act out a favorite book
95. Do extra homework
96. Hopscotch
97. Clean or reorganize your bedroom
98. Make a paper plate mask
99. Select 5 toys you're ready to give away
100. Draw your own comic strip