

Activity List

Write in a journal	Make a fresh pot of coffee	Watch a movie
Watch the sunrise or sunset	Go stargazing	Learn something new
Write a letter	Play cards	Do a puzzle
Learn how to draw or paint	Take voice lessons	Play an instrument
Cook a meal	Read those books that you've bought and never touched	Work in your garden
Binge-watch your favorite series on Netflix	Start watching a new TV show	Listen to the radio or a podcast
Meditate	Call a friend	Bake a dessert
Re-read your favorite books	Figure out how you can help your community from home	Try a new food
Start a blog	Explore somewhere new	Play a board game
Research an unfamiliar topic online	Rearrange your furniture	Make origami
Read a book	Finishing reading your books	Go for a bike ride
Learn photography	Knit	Schedule an online happy hour with your besties
Do yoga	Write a poem	Go for a walk (keeping the 6ft distance rule)
Exercise at your living room	Hike on a nature trail (keeping the 6ft distance rule)	Adopt a pet