

Creative ways to safely connect and occupy your time while social distancing

1. Download the Houseparty app. It is a great way to connect with family and friends and play Pictionary and answer trivia questions.
2. Make a bonfire and roast S'mores...yum!
3. Learn to meditate. Calm.com has a ton of resources and it can be used with adults and kids alike.
4. Have a family talent show! Make a video of your family performing and send it out to your relatives.
5. Host a happy hour Bingo game using Zoom or Google Duo. Each family makes their own Bingo cards.
6. Download the app, My Talking Pets, and make videos that star your furry little friends. You can then send them to your friends and family.
7. Participate in birthday party parades. Decorate your cars and drive through the neighborhood of the person being celebrated. You can also do this for anniversaries, weddings, and other big events.
8. Work out! There is nothing like a good run, walk, or Instagram yoga class to make you feel better.
9. Dig out all the old Wii games and play with your kids. You will be surprised how sore you are the next day!
10. Make a fort in your living room out of all the blankets, pillows, and cushions in your house.
11. Paint smooth rocks, put messages on them, and leave them on trails for others to find.
12. Get all of your spring cleaning done.
13. Have Zoom meetings with family and friends.
14. Make an obstacle course in your yard. It's fun and sneaky way to get in some exercise.
15. Find a trail and take a hike.
16. Play old board games

17. Have Dizzy sports competitions and do trampoline charades inspired by Dude Perfect (Youtube show).
18. Have a family camp-out on the living room floor. Break out the popcorn and movies too!
19. Have a picnic in the back of your SUV or van near a lake.
20. Backyard family football
21. Play Kahoot with your students
22. Take a family drive to a place outdoors that you don't usually have time to visit.
23. Take a walk by the lake and see what kind of treasures you can find.
24. Start a new hobby such as knitting, needling, or painting. It's amazing what you can do!
25. Paint a room in your home. There is nothing like a new color to brighten your spirits and freshen things up a bit!
26. Have a "driveway meeting" with a grandparent. As long as you stay at a social distance it is a great way to be with those you love and need the company.
27. Rollerblade!
28. Go to the Peloton site. They are offering a 90-day free trial and have a whole bunch of workouts for stretching, cardio, biking, running, and yoga.
29. Take time to learn a new recipe or bake a dessert that is absolutely delectable.
30. Trying to find something to do with those old sports t-shirts that have been sitting in your drawer? Make a quilt. Just Youtube t-shirt quilt. It's easy and a great way to upcycle.