

Need More Ideas on Fun Things to do While Social Distancing?

Here's some to help get you started!

Cook & Bake together

- * Try new recipes or old family favorites. Try it with a twist, get creative.
- * Hold a cooking competition.
- * Make cookies or a cake without following a recipe and see how it turns out.
- * Have an indoor picnic, or outdoors if possible.
- * Do Meals Games – only eat with serving utensils, utensil free meals, eat with your non-dominant hand, make up your own twist for meal time.
- * Do a blindfold taste test.



Instruments

- * Learn a new instrument or practice your skills of one you already play. There are a lot of free lessons and tutorials online.
- * Do a zoom Jam Session.
- * Turn household objects into instruments.
- * Start a family band.



Arm Chair Travel

- * Take a virtual tour of a museum, zoo, park, or cultural site. *See last page for some places.



Get Creative!



- ✦ Learn to draw, paint, or do a new craft.
 - There are a lot of free online tutorials.
 - Some essential stores have arts and craft supplies
- ✦ Make a bird house or similar craft
- ✦ Create Outdoor Art, for example: colour the sidewalk using sidewalk chalk.
- ✦ Start a new hobby or pick up an old one like origami, cake decorating, mechanics, woodworking, photography, knitting, sewing, crocheting, scrapbooking, etc.
- ✦ Write a story, poem, a song or a blog.
- ✦ Draw a floor plan of your house, a map of your town, community or county.



Get Active!

- ✦ Exercise – use an exercise video, do an online class, do stretching or yoga, be creative with things to use for weights, remotely challenge a friend to work out with, stream a work out group. *See a link on the back page for at home exercise ideas.
- ✦ Make exercise a game. Improvise. Look online for ideas that will work for you.
- ✦ Do a virtual sweat session with a friend.
- ✦ Go for a bike ride, walk or run outside, go skating, tobogganing, snowshoeing, cross country skiing, while avoiding crowded areas and maintaining social distancing.
- ✦ Dance. It can be done anywhere. Have a remote dance party or contest. Make and learn a dance routine. Take online dance lessons!
- ✦ Play active video games that make you get up and move your body.
- ✦ Play or go for a walk with your pets.
- ✦ Start a daily exercise challenge like on Monday's do 25 pushups, Tuesdays do 25 jumping jacks, etc.



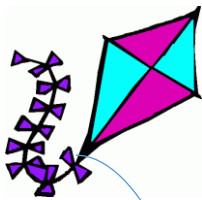
EXERCISE YOUR BRAIN

- ★ Libraries – some libraries have resources on-line.
- ★ Learn a new language with on-line lessons.
- ★ Read a book, or listen to an audio book, download online books.
- ★ Start a virtual book club.
- ★ Take an online class by yourself or with a friend.
- ★ Do a group crossword puzzle – if you get the same newspaper as your friend you can work on them together, or send it to another friend to work on or compare results once you're done.
- ★ Do a science experiment.
- ★ Puzzles....jig saw, crossword, word search, 3D, brain teasers, etc.....just do one!
- ★ Learn a new skill. There are hundreds of options.
- ★ Make a movie.
- ★ Use online tutorials. There are many different kinds, from playing an instrument, painting, drawing, putting on make-up, etc.
- ★ Watch documentaries.
- ★ Read a thesaurus or look up word alternatives online.
- ★ Try orienteering using maps and compasses to get around.



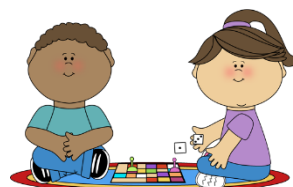
Get Outside!

- ★ Parks & trails – Enjoy nature just make sure to maintain social distancing.
- ★ Plant some flowers or vegetables. This can be done in a garden or in planter boxes for smaller spaces.
- ★ Walk, run, bike, roller blade, skateboard, toboggan, snowshoe, skate, build a snowman, make a snow angel, etc.
- ★ Play bocce ball, outdoor badminton, Frisbee, play catch, shoot hoops, play street hockey, have a snowball fight, etc.
- ★ Shovel your sidewalk.....maybe your neighbors too!
- ★ Find out when the sun rises or sets and watch it.
- ★ Do outside house maintenance like washing, painting, doing touch ups, treat the exterior and decorate.
- ★ Go birding or look for signs of animal life.
- ★ Check out Halloween decorations or Christmas lights
- ★ Star gazing.
- ★ Go fly a kite.....literally!



Play!!!

- * Play X's & O's, hangman or similar game through a window using washable markers. Paint pictures on windows using washable paint.
- * Do kid things. For example: lego, playdough and slime, play with card board boxes, colour, blow bubbles, have a water/snowball fight, etc.
- * Make homemade play-doh, salt dough or slime. If you don't have a recipe, a friend might or you can find one online. It might not work perfect but it is fun to "mess" around.
- * Pull out the board and card games.....it's a great way to build relationships.....make your own game. Play Charades or Minute to Win It Games.
- * Build a fort, either indoors or outside.
- * Join a trivia league. *See back page for a couple links.
- * Host a remote game night.
- * Make an obstacle course....., either inside or out.
- * Do a scavenger Hunt – there are hundreds of different kinds, both for inside and outside. For example: take a picture of letters in signs that make up the alphabet or your name, seasonal nature scavenger hunts, etc. *See back page for a link.
- * Do a Teddy bear hunt. Be a part of the new neighbourhood scavenger hunt where people worldwide are putting teddy bears in their front windows for kids to spot.
- * Put on a fashion show.
- * Make and Fly paper airplanes. Have a contest.
- * Tell Jokes.



Self-care

- * Practice a relaxation, meditation technique or breathing exercise. There are many on-line resources and apps that offer ideas.
- * Write in a journal, practice a daily gratitude by yourself or with your family. Consider a blog.
- * Take a hot bath, paint your nails, do your hair and/or makeup, etc.
- * Have a spa day at home.





Socialize

- ✦ Call or video chat with a friend, relatives, stay connected, hear their voice.
- ✦ Write a letter to someone or have an online pen pal.
- ✦ Host a virtual party with your friends through face time or zoom.
- ✦ Throw a Netflix party.
- ✦ Interactive games using technology like “Heads Up” on the phone.
- ✦ Have a virtual Karaoke Night.

VOLUNTEER

- ✦ Contact your local volunteer connector to see what options are available in your community
- ✦ Volunteer by helping a neighbor, doing community/neighborhood clean-up, do virtual book reading for someone.
- ✦ Practice random acts of kindness.



Other Great Ideas

- ✦ Get and take care of houseplants. Build a terrarium. Plant some seeds.
- ✦ Revisit old sports games.
- ✦ Listen to music, podcasts & audio books.
- ✦ Have a karaoke night at home or virtually with friends.
- ✦ Have a virtual air band contest.
- ✦ Record your family history
- ✦ Make a time capsule.
- ✦ Keep a journal of our “Quarantine Days” to keep track of activities, etc.....it might be neat to look back on it in a few years.

Some Links & Places you can look up online:

Scavenger Hunts:

- <https://www.diva-girl-parties-and-stuff.com/scavenger-hunts.html>.

Trivia Games:

- https://www.facebook.com/events/200235337725131/?event_time_id=200237057724959
- <https://nyctrivialeague.com/livepost/>

Zoos, Theme Parks, Canadian Parks, Cultural Sites:

- <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- <https://www.pc.gc.ca/en/multimedia/cartes-maps/sec02>
- <https://gulfnnews.com/living-in-uae/ask-us/cant-visit-dubais-cultural-sites-take-a-virtual-tour-1.1584613622821>

Exercise:

- <https://www.participation.com/en-ca/blog/no-gym-no-park-no-problem-introducing-our-physical-activity-resource-guide>

For more ideas check out these links:

- <https://www.alberta-tr.ca/for-the-public-live-well-and-be-healthy/resources-to-live-well-and-be-healthy/>
- <https://ymhc.ngo/resources/covid-19/#1586545031182-81190443-f5cf>
- <https://www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>
- <https://insite.albertahealthservices.ca/main/assets/hr/tms-hr-parenting-resource.pdf>

Other places that can be found online that offer virtual tours:

- The Royal Ontario Museum in Toronto
- Canadian Museum of History in Ottawa
- The Louvre in Paris, France
- The British Museum in London, England
- The Guggenheim in New York, New York
- National Gallery of Art in Washington, D.C.
- Musée d'Orsay in Paris, France
- National Museum of Modern and Contemporary Art in Seoul, South Korea
- Pergamon Museum in Berlin, Germany
- Rijksmuseum in Amsterdam, The Netherlands
- Van Gogh Museum, Amsterdam, The Netherlands
- The J. Paul Getty Museum in Los Angeles, California
- Uffizi Gallery, Florence, Italy
- The Museu de Arte de São Paulo (MASP) in São Paulo, Brazil
- The National Museum of Anthropology in Mexico City, Mexico