

# Coping with Coronavirus

## KEEPING BUSY - At Home Activities

Finding things to do when you're stuck inside all day can be hard. This resource will give you some ideas to keep you busy.



### TRY A NEW RECIPE

The internet is a great place to find new recipes to cook that you and your family might enjoy. You can try making it alone or with your family!

### START A GARDEN

Pick out some fruits and vegetables and start an indoor garden. You can also use this as practice and take your gardening outside when the weather is warm.



### READ A BOOK

It can be hard to find time to read while you're busy with school or work. This may be the perfect chance to read a book you've been wanting to get into.

### PLAY A BOARD GAME

Dive into a game of Yahtzee, Apples to Apples or any other game that your family likes to play. Have everyone take turns picking games so that everyone gets a chance to play what they like.

### TRY YOGA CLASSES/EXERCISE

Yoga is an great way to stay fit and clear your mind. YouTube offers many free beginner yoga classes that walk you through exercises to get you started.

### PUT TOGETHER A PUZZLE

Puzzles are a great way for your family to connect and practice teamwork. Empty the pieces on a table and work through the image together. Want to save the finished product? Glue a backing onto the puzzle to display your hard work.

### MAKE HOMEMADE GREETING CARDS

Clear off the kitchen table and break out the construction paper, pens, and glue. Handmade cards are a unique way for your family to connect and do something creative together. Have each family member write a personal message long or short, to the recipients.



### KNIT OR CROCHET A SCARF

Sit down on the living room sofa with some yarn and give knitting a try. There are many resources on the internet for beginners to get you started.

### TAKE AN ONLINE CLASS

Take an online course to hone or develop a new skill. You can find a lot of different types of courses online from language learning to learning how to write code. You'll find hundreds of courses to suit your interests on learning platforms like Teachable, Udemy, and Coursera.



### WATCH CLASSIC MOVIES

Pop some popcorn, and find the Academy Award winners from past decades. You might be surprised how exciting and romantic these old classics can be.

