

Things to do while you are at home

Take a walk. Enjoy the sights, sounds, and smells of nature.

Plant a garden. You can start with seeds in small containers indoors and move them outside when they start to sprout.

Read a book. Read books out loud to family members. Listen to audio books (available free at the library).

Watch movies. Watch favorites again or old movies you haven't seen in a while.

Do art. Pull out old magazines and create a collage. Draw. Paint. Crochet. Sew. Make a scrapbook.

Make music. Sing songs out loud. Play instruments. Listen to favorite music to relax (or dance)!

Cook healthy foods. Pull out a cookbook, look recipes up online, or create your own. Be creative in the kitchen and enjoy what you cook.

Play games. Play board games, card games, or charades. Play hide and seek with kids. Make up your own games. Remember that laughter really is great medicine.

Connect with others. Call or write a friend or family members. Connect online with those you care about. Reach out if you want or need a little support.

Create a home spa. Relax with a foot bath. Give yourself a homemade facial. Soak in a warm bathtub.

Do something for others. Call friends or neighbors who may feel lonely or need support. Do something special for family members at home.

Move. Plan a living room dance party. Do simple stretches. Walk or jog. Kick a ball around in the backyard.

Organize, clean, and beautify your home. Clean out a closet. Put daisies in a jar on the table. Organize a bookshelf. Make it fun by putting on music and enjoy the way your home feels when you finish.

Do things that bring you joy. When we feel happy, peaceful, or thankful, our bodies are stronger.

Practice mindfulness. Sit still for a few minutes, close your eyes, and take a deep breath. Relax. Simply taking a moment to relax and pay attention to what we are feeling helps us stay calm and healthy. Listen to soothing music and let your mind and body relax.

Remember the basics. Get enough sleep, drink plenty of water and other healthy drinks, and eat well. All of these things help us stay healthy.