



IDEAS OF WHAT YOU CAN DO DURING ISOLATION

Indoor Activity Ideas:

**There are a lot of free online resources you can access via Facebook Live & YouTube*

- Exercise (body weight and/or with weights/modified weights – e.g., cans)
- Yoga/tai-chi/Pilates
- Meditation/mindfulness/chanting/prayer exercises
- Painting, drawing, coloring
- Word games (Sudoku, crosswords)
- Jigsaw puzzles
- Reading
- Baking/cooking – try a new recipe!
- Journaling, write a story, write a song, make a scrapbook
- Indoor gardening
- Create TikTok videos (social media)
- Play an instrument or learn to play/make an instrument using materials you have at home
- Learn a foreign language
- Dance party!
- Make a time capsule
- Organize/create photo albums, recipe books

OUTDOOR ACTIVITY IDEAS:

WALK/RUN/JOG IN YOUR NEIGHBORHOOD

TAKE YOUR FURRY PETS OUTSIDE FOR FRESH AIR

SHOOT HOOPS BY YOURSELF

BICYCLE RIDES

SKIP ROPE

STARGAZING

BIRDWATCHING

FISHING

KITE FLYING

GEOCACHING

YARDWORK AND/OR SHOVELLING

Social Activity Ideas:

- Skype/video chat/messenger with family and/or friends
- Video games online with others
- Board/card games, cook/bake with those you live with
- Write letters & send them via mail or email
- Check in with neighbors via phone calls
- Livestream current or past social events (e.g., Church Mass, concerts)



SELF-CARE DURING ISOLATION

- Write a thank you note
- Write a letter
- Call a loved one
- Say "I love you" in the mirror
- Create art to express emotion
- Spend time with a pet
- Say positive affirmations to yourself
- Drink a glass of water with lemon
- Get up & stretch
- Take a nap
- Take a walk around the block
- Eat a delicious ripe fruit
- Take 3 deep breaths
- Find a reason to laugh
- Designate a home for everything/organize
- Learn about budgeting
- Spend 15 minutes a day cleaning
- Develop a cleaning schedule/habit
- Meditate for 10 minutes
- Read inspirational work
- Be in nature
- Try a guided imagery
- Pray, try chanting
- Mindfully observe a flower (real or photo)
- Play a quick game online
- Explore a new language
- Take a screen break for an hour
- Spend time in silence
- Try eating meals mindfully
- Keep a journal of all your ideas
- Cross something off your to-do-list
- Make and drink a smoothie
- Give yourself a foot massage
- Let yourself feel fully for 90 seconds (or longer)
- Take a bath
- Organize a room/closet, decorate or re-decorate a room
- Watch funny YouTube videos

SELF-CARE...

IS ANY ACTIVITY THAT
WE DO TO TAKE CARE
OF OUR MENTAL,
EMOTIONAL AND
PHYSICAL WELL-BEING

IS PUTTING YOUR
HAPPINESS FIRST

IS KEY TO IMPROVE
MOOD AND REDUCE
ANXIETY

...TAKE THE TIME TO
PRACTICE AND
INCORPORATE SELF-
CARE INTO YOUR DAILY
ROUTINE!

Be kind to yourself during
these extraordinary times!
Keep expectations for
yourself and your family
realistic.



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MAINTAIN DAILY ROUTINES DURING ISOLATION

Morning

- ✓ Set an alarm
- ✓ Make and eat a healthy breakfast with your family
- ✓ Clean-up the dishes
- ✓ Make your bed
- ✓ Brush and floss your teeth
- ✓ Have a shower or bath (you may do this in the evening)
- ✓ Get dressed and ready for the day!
- ✓ Do schoolwork – even though we are not physically in school, it is important to keep up!
- ✓ Have a healthy snack

Afternoon

- ✓ Make and eat lunch with your family
- ✓ Clean-up the dishes and do any chores (e.g., laundry)
- ✓ Go outside (walk, bike, you choose) and/or do an activity you enjoy or want to try!
- ✓ Spend time with your family
- ✓ Do schoolwork
- ✓ Have a healthy snack
- ✓ Watch some TV and/or play a game (video or board/card)
- ✓ Check in with your neighbors via phone calls – if they are elderly, ask if they need anything

Evening

- ✓ Make and eat supper with your family
- ✓ Clean-up the dishes
- ✓ Make time for yourself and practice self-care
- ✓ Have a healthy snack
- ✓ Put on Pajamas
- ✓ Brush and floss your teeth
- ✓ Read a book

****Remember to turn off your electronics (e.g., phone, TV, tablet) at least 1 hour before you go to bed. This will help you transition to a great night's sleep!***

REMEMBER:

TO MAKE TIME FOR
YOURSELF

MAKE TIME TO CONNECT
WITH OTHERS AND
MAINTAIN HEALTHY
BOUNDARIES

SHOW KINDNESS – BE
KIND TO YOURSELF AND
OTHERS – SHOW &
PRACTICE GRATITUDE

FIND THE POSITIVE & JOY
IN THE LITTLE THINGS

PACE YOURSELF WITH
THE NEWS – DO NOT LET
THE NEWS BE THE FIRST
THING YOU SEE IN THE
MORNING & THE LAST
THING YOU SEE BEFORE
BED

Acceptance of the situation –
this can be difficult!

Acceptance has many
benefits including: a more
positive attitude, less worry
& stress, ability to embrace
change, greater appreciation
and gratitude, and a more
compassionate perspective.



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FREE ONLINE RESOURCES

There are so many free online resources not on this list! YouTube also has great yoga, Pilates, home workout, etc. classes!

<i>What?</i>	<i>Description:</i>	<i>Link:</i>
National Gallery of Art, Washington DC	The nation's museum – preserves, collects, exhibits, and fosters an understanding of works of art.	Online exhibits found here: https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en
Musee d'Orsay, Paris	Displays collections of art from the period of 1848 to 1914.	Online exhibits found here: https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en
Smithsonian's National Portrait Gallery	Portrays poets and presidents, visionaries and villains, actors and activists whose lives tell the American story.	Online exhibits found here: https://artsandculture.google.com/partner/national-portrait-gallery
British Museum: London	Explore a stunning visual timeline of the world, with an array of annotated objects.	Virtual tour found here: https://britishmuseum.withgoogle.com/
Smithsonian Museum of Nature History: Washington, DC	From dinosaurs, elephants, snakes in jars, to giant diamonds, fossils and minerals, there are lots of exhibits to explore!	Online and current exhibits found here: https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits
Kusama's Infinity Mirrors (artwork)	Brisk room-by-room rundown of the multi-faceted work of Japanese artist, Yayoi Kusama.	Virtual tour found here: https://www.youtube.com/watch?v=8VwJMw_fL_vI
Royal Opera House: London	A selection of some of the top performances from famous operas and ballets.	Browse the link below: https://www.youtube.com/user/royaloperahouse
Vienna State Opera	A reminder, for people who do not like opera: These works are almost always as much a treat for the eyes as much as the ears.	Find live Opera performances happening online for free (various dates & times): https://www.staatsoperlive.com/live
The Social Distancing Festival	A Toronto theatre artist has created this Festival, which gathers live streams and videos of all different types of performances in one place, on one calendar.	Find live performances online (various dates & times): https://www.socialdistancingfestival.com/live-streams
The White House: Washington, DC	The White House is the only private residence of a head of state that is open to the public, free of charge.	Virtual tours of the White House: https://artsandculture.google.com/partner/the-white-house
Palace of Versailles: Versailles, France	Explore on of France's national treasures and all of the Baroque art, architecture and finery within.	Online exhibits found here: https://artsandculture.google.com/partner/palace-of-versailles

The Sistine Chapel: Vatican City	There are a lot of museum collections to explore on the Vatican's virtual site!	Online tour found here: http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html
The San Diego Zoo	The San Diego Zoo hosts many animals including (but not limited to): Apes, Koalas, Pandas, Elephants and Polar Bears.	Check live stream cameras here: https://animals.sandiegozoo.org/live-cams
The Georgia Aquarium: Atlanta	Check out the webcams of the Indo-Pacific Barrier Reef, California Sea Lion, African Penguins and Beluga Whales (plus so much more)!	Check live stream cameras here: https://animals.sandiegozoo.org/live-cams
Hogwarts Digital Escape Room	You can complete this escape room as a family or individual, you can compete against friends and try it multiple times. Just make sure you have fun!	Click the link to begin: https://docs.google.com/forms/d/e/1FAIpQLSfINxNMojzbZJjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/viewform?fbclid=IwAR1A_Sd7ivKvj6CkY77znXby1TEdzUfDKucZyTWcBh-So3QgingBX4XJuts
Anne Frank House	Look around the Secret Annex online and find out more about what happened here or put on your VR glasses and take a virtual stroll through the hiding place where Anne Frank wrote her diary. You can also look around the house where Anne and her family lived before going into hiding and visit an online exhibition about Anne Frank's life.	Online tour found here: https://www.annefrank.org/en/museum/web-and-digital/
Buckingham Palace	An iconic building and official residence of The Queen, Buckingham Palace has been the focus of many moments of national celebration, from Jubilees and weddings to VE Day and the annual Trooping the Colour which marks The Queen's official birthday	Online tour found here: https://www.royal.uk/virtual-tours-buckingham-palace
Farm Tours	Immerse yourself in Canadian farm and food tours.	Online tours found here: https://www.farmfood360.ca/?utm_source=domain&utm_campaign=www.virtualfarmtours.ca&utm_medium=redirect
Great Wall of China	As China's most famous attraction, this is an essential virtual tour stop!	Online tour found here: https://www.thechinaguide.com/destination/great-wall-of-china

Meditation Resources:

<i>Type/Description</i>	<i>Length</i>	<i>Link</i>
Guided Meditation for Gratitude/Mindful Movement	5:56	https://www.youtube.com/watch?v=OCorEILKFOE
Gratitude Meditation (Strengthen Happiness)	5:30	https://www.youtube.com/watch?v=Uhf8vLesRRc
Short Guided Meditation to Develop your Inner Peace/Mindful Movement	6:52	https://www.youtube.com/watch?v=mnLBtfTi7IE
Unconditional Friendliness & Self-Love	16:16	https://www.youtube.com/watch?v=Czfm-8aSjvU
I am Enough Meditation & Affirmations	12:12	https://www.youtube.com/watch?v=xXBuYmhRFiU
Quick Stress Reliever	10:27	https://www.youtube.com/watch?v=QnrObJWdmtk
Be Present	10:30	https://www.youtube.com/watch?v=ZToicYcHIOU
Self-Soothing	10:07	https://www.youtube.com/watch?v=XI_B45DpMLU
Deep Sleep Release	10:07	https://www.youtube.com/watch?v=ccvL_gdXbKM
Letting Go	10:35	https://www.youtube.com/watch?v=syx3a1_LeFo
Guided Imagery for Stress Relief: A Forest Walk	10:08	https://www.youtube.com/watch?v=lgSbF_xH9LU
Passive Muscle Relaxation to Manage Stress & Anxiety	12:40	https://www.youtube.com/watch?v=xcjTF5BxKdo
Progressive Muscle Relaxation	15:52	https://www.youtube.com/watch?v=86HUcX8ZtAk
Guided Meditation Before Sleep: Meditation for Peace of Mind	30:13	https://www.youtube.com/watch?v=BA1Zz9Tif8&t=198s
Evening Meditation: Positive Affirmations	10:22	https://www.youtube.com/watch?v=6y4PVjjetUw

More videos similar to these can be found on YouTube or you can download meditation apps for free on your phone and/or tablet:

- Headspace (android & iOS)

- Designed to help you train your mind and body for a healthier, happier life and get the most out of your day, Headspace can be used anywhere. The free version of the app includes meditations and exercises that will teach you the essentials of meditation and mindfulness.
- Calm (android & iOS)
 - Calm is the perfect meditation app for beginners (there's a seven-day beginner's program to get you started) but also includes programs for more advanced users. The short, guided meditation sessions cover the basics of mindfulness and there's also a library of soothing nature sounds and scenes to use at your leisure. One great feature if you're looking to improve your sleeping patterns is the 'Sleep Stories' - bedtime stories for adults 'guaranteed to lull you to sleep'.
- Aura (android & iOS)
 - Aura learns about you by asking questions. You then receive a daily three-minute mindfulness meditation based on your answers. Aura is designed to help you control your stress and thoughts better to reduce stress and increase positivity.
- Stop, Breathe, Think (android & iOS)
 - This app has 'stand out' customization tools that deliver meditations based on your current emotions and feelings.
- Insight Timer (android & iOS)
 - Insight Timer lets you share and discuss your mindfulness experience with like-minded people around the globe. Community groups include Beginners, Transcendental Meditation and much more, plus there's a packed library of guided meditations led by the world's top mindfulness experts and meditation teachers.