

# Creative Ways to Thrive During Social Distancing



The world has changed recently, and we all are finding ourselves at home with our families wondering what to do with our time and each other. The good news is that multiple studies have shown spending time as a family has a huge positive effect on self-esteem, relationships, positive behaviors, healthier lifestyles, and stress management. Take advantage of the social distancing and “safer at home” orders to reconnect with your family and develop new family traditions.

Below is a list of things you can do with those you live with (family, significant other, or roommates.) Many also can be adapted if you live alone. One thing to remember, kids of all ages, young and old, can do any of these. **Just find that inner child in you.**

## Things to Do While Home



Play cards, board games or create a brand-new game together.

Make it a routine and reach out to someone outside of your household daily to connect with (especially if they live alone).

Write a letter, make a card, or color something to mail to someone. Many local nursing homes are gathering cards for their residents.

Have an indoor picnic, or one in a fort that you create.

If you have a pet, try teaching them a new trick.

Enact a digital quarantine. Everyone disconnects from technology for a set amount of time and interacts with each other.

Create and set up indoor or outdoor games like hopscotch and obstacle courses that everyone in the household needs to complete.



Take a virtual trip and get dressed up for it. Wear what you would if you were there in person. Places that are offering virtual tours are:

- National Parks
- Zoos, Museums and Aquariums (some live stream)
- The Great Wall of China

Make an indoor or outdoor fort with cardboard, blankets, or anything else you can find at home. Living alone? Do this and connect virtually with the children in your life (grandkids, nieces/nephews, friend's children). You could read them a book.

Create tournaments to compete against each other or extend it to others who can participate via live video. Think modified card games or board games, or even who can read the most books each week.



Create scavenger hunts. Get creative with what to look for or check online for ideas.

Make a game out of chores and create a chore bingo.

Find an online program and learn another language.

Start an indoor garden that can be transferred outdoors when the weather is right.

Get creative and find ways to encourage or help someone else not in your household while practicing social distancing.

Put a puzzle together.

DON'T forget the single people in your life. Invite others to video chat and have:

- dance party
- dinner
- play a game



Finish a project that you've been wanting to work on like taking the pictures you have on your phone and creating photo albums.

Play dress up...no matter your age.

Find new arts and crafts, or home science experiments with supplies you already have.

Create your own daily or nightly news and interview one another or others (virtually) and give a quick report. Go the extra step and live stream it for other family and friends to watch. Keep it positive and funny.

Try new recipes and let the kids help.