



Avoid Cabin Fever List

- » Put together a puzzle
- » Video chat with a new friend each day
- » Start a journal
- » Write and send a letter
- » Listen to an uplifting podcast
- » Go through old photos (and send a few to family or friends)
- » Clean your fridge, junk drawer, or closet (or all!)
- » Learn a new hobby: knitting, hand lettering, photography
- » Take a virtual tour (of a museum, national park, zoo, or even Sea World)
- » Go on a virtual ride at Walk Disney World or Disneyland
- » Watch the beluga whales online at the Georgia Aquarium or sea otters at the Monterrey Bay Aquarium
- » Pick a movie series and watch them all
- » Coloring books—they aren't just for kids!
- » Go for a hike
- » Get take-out from your favorite restaurant and have a picnic
- » Create a photo book from your last trip or a recent holiday
- » Pick out a new recipe or a family recipe and try it out
- » Make a gratitude list
- » Go through the photos on your phone and delete the ones you no longer need
- » Check out the app 1 Second a Day and start a video for the year
- » Learn something via YouTube: Yoga, origami, a foreign language, how to sew, an instrument, how to play chess
- » Start a couch to 5k running program
- » Plant seeds
- » Star gaze
- » Fill up bird feeders and birdwatch
- » Make homemade pizza

Family Activities

- » Build a marble run out of items you have at home
- » Family Lego challenge
- » Have a dance party! (check out DJ Mel on Facebook)
- » Driveway chalk art—make some for your neighbor, too!
- » Have a water balloon fight
- » Make a fort
- » Make a backyard obstacle course
- » Paint rocks and place them where others will find them
- » Hula hoop contest
- » Fly a kite
- » Set up a treasure or scavenger hunt
- » Have an indoor picnic
- » Make Play Dough
- » Take a virtual field trip to the Boston Children's Museum
- » Set up indoor hopscotch with painter's tape
- » Listen to Storytime From Space—NASA astronauts read stories to kids while floating around space
- » Make your own board game
- » Create a mini golf course in your yard
- » Have an indoor campout
- » Learn a few magic or yo-yo tricks
- » Play balloon volleyball
- » Invent a new recipe
- » Create a puppet show
- » Make a family play list on Spotify
- » Color pictures and send them to nursing home residents
- » Play flashlight tag

NATURE WALK

Circle as many of the items you find on your next nature walk.



3 leaves



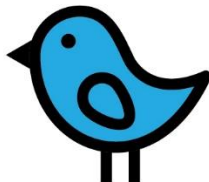
a bug that flies



tree



water



bird



sun or cloud



butterfly



mushroom



bench



dog



an evergreen
tree



flower



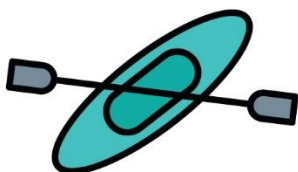
a crawling bug



4 rocks



stick



kayak or boat



6 leaves of grass

