

Write a hand-written letter to a loved one

Organize your computer files

Have a movie marathon with your family

Learn a new hobby (sewing, crafting, cooking, knitting, drawing, woodworking)

Phone (not text) a friend

De-clutter your home and donate the old items

Re-organize your kitchen cabinets

Clean out your basement

Give yourself a spa day

Re-arrange your furniture

Experiment with different make-up looks

Each of us needs daily activities that provide pleasure and achievement in order to stay happy and healthy. Here are some ideas to keep you active during this period of social distancing.

Paint a room in your house

Cook a new recipe

Make a bucket-list

Go for a hike on a trail you've never been on

Read your favourite childhood book

Read the manual for that piece of technology that you only kind of know how to use (e.g., camera, oven, TV)

Spring is around the corner—plan your garden!

Re-paint your furniture (e.g., with chalk paint)

Make a photo-book

Clean your windows

Mend the holes in your clothes

Learn how to change the oil in your car

Teach your dog a new trick

Go bird-watching

