

Start a virtual book club with family/friends

Do a virtual event through TheMuseum

Do a virtual paint nite (e.g., through Yay Maker)

Do an online exercise class (we love Yoga with Adriene and Popsugar Workouts)

Take an online course

Learn another language (e.g., through the Duolingo app)

Get dressed up and have a fancy dinner at home

Drive to the country and star gaze

Call your grandparents

Donate blood

Start a gratitude journal

As social distancing continues, you may be looking for new ideas to keep yourself entertained. Here is a fresh batch of pleasure and accomplishment activities to try!

Go for a walk. Keep your distance but greet everyone you see

Grab some gloves and clean up the garbage in your neighbourhood

Watch a musical or opera through Playbill.com

Download some colouring pages and colour (with your kids or on your own :)

Challenge your family to video game battle

Take a virtual field trip with your kids (e.g., Adventures in Familyhood)

Practice a mindfulness exercise (e.g., Calm App, Headspace app)

Wake up early and enjoy the sunrise

Clean out the junk drawers in your house