

Take a Tour!		
Virtual Museum Tours	12 worldwide museums offering virtual tours and exhibits	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
Virtual Park Tours	5 national parks offering virtual tours	https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours?did=503183-20200318&utm_campaign=just-in_newsletter&utm_source=travelandleisure.com&utm_medium=email&utm_content=031820&cid=503183&mid=31058115310
Virtual Field Trips	Free virtual field trips to places around the world.	https://freedomhomeschooling.com/virtual-field-trips/?fbclid=IwAR3xBnO_ezWB_EKq4B30aOs9VBGEImMqgO0IxTDIj1dtB_4qhOLR4usWCKA
Be Entertained!		
Live Concerts	Free, in-home concerts by top performers	Follow your favorite artists and Billboard Music on Facebook/Instagram for live performances!
Enjoy Our Animal Friends!		
Zoo Live Cams	View live streams from various zoos	https://www.travelandleisure.com/attractions/zoos-aquariums/virtual-zoo-live-animal-cams
Cincinnati Zoo Home Safari	Animal highlight each weekday at 3:00 pm	Follow Cincinnati Zoo and Botanical Garden on Facebook to access Home Safari Facebook Live videos
Foster a pet!	Assist closing animal shelters by temporarily sheltering a pet in need.	
Get Volunteering!		
Senior Food Delivery	Volunteer to deliver food to elderly neighbors.	Volunteers can register at northtownship.recoverys.org
Get Active!		
Planet Fitness "Work-Ins"	Stay active with FREE live workouts c/o PF Trainers!	Follow Planet Fitness on Facebook to access Facebook Live videos
Walk, Run, or Bike	Get outside, just keep your distance!	
Peloton App Fitness Classes	90 Days of free trial of fitness classes!	https://www.onepeloton.com/app
Get Creative!		
30 Day Lego Challenge	Follow the instructions for what to build each day!	Google or Pinterest "30 Day Lego Challenge"
Learn to Create Origami		
Livestream Doodle	Lunch Doodle Video each weekday at 1:00 pm	https://www.kennedy-center.org/education/mo-willems/
Sidewalk Chalk Masterpiece	Use painter's tape to create a mosaic design, color with sidewalk chalk, peel back tape to reveal your masterpiece!	
Hang Your Christmas Lights Back Up!	Trending: Put your Christmas lights back up to symbolize hope!	
Make a Time Capsule!	Save news articles, collect artifacts, and journal your thoughts to share in later years!	
Plan a Garden!	Research plants/flowers that are ideally planted in the spring and plan a space for them to grow!	
Write!	Different from journaling--Consider writing poetry, a short story, a letter to someone special, or song lyrics!	
Old School Fun!		
Bring out the Board Games	Dust off packed away games and enjoy!	
Learn a Card Game	Learn something new or play an old favorite! Go fish!	
Get Baking!	Dust off cookie books or Pinterest a new recipe!	
Make Dinner!	Look up new recipes, put your chef hat on, and practice cooking!	
Homemade Gifts or Greeting Cards	Think of someone who might need a pick-me-up.	

Book Share	Read the same book as friend and discuss! Check out free audio books and e-books via the Library app Libby!	https://www.realsimple.com/syndication/libby-app-free-books-audiobooks?utm_campaign=realsimple_realsimple_trueanthem&utm_content=manual&utm_medium=social&utm_source=facebook.com&utm_term=5e73c05278faa10001bb7948
Color or Sketch	Get your crayons out! Visit the dollar store for coloring books and supplies!	https://thefarmgirlgabs.com/1000-free-disney-coloring-pages-for-kids/
Puzzles	Visit the dollar store for jigsaw puzzles, word searches, Sudoku, and more!	
Movie Night!		
Netflix Party	Google Chrome extension that allows friends to have virtual movie nights!	https://www.usatoday.com/story/entertainment/tv/2020/03/17/coronavirus-netflix-party-lets-friends-do-movie-nights-quarantine/5072347002/
Christmas Movie Marathon	Hallmark is hosting a "We Need A Little Christmas" movie marathon!	Friday, March 20 to Sunday, March 22
Disney Movies--Revisit Your Favorites	Stream Disney+ or dust off old DVDs, pop popcorn, and make a blanket fort!	
Get Organized!		
Organize Your Space	What space needs some attention?	
Sort Through Photos and Reminisce	Scrapbook or create electronic folders. Enjoy remembering fun times!	
Take Time For Self-Care		
Guided Meditations	Use as needed or upon waking up or going to sleep.	Apps: Insight Timer, Calm, Headspace
Inspirational Podcasts	Listen to uplifting messages and set goals!	Podcasts: Achieve Your Goals with Hal Elrod, Unlocking Us with Brene Brown
Journal	Get your thoughts on paper or use an app!	Apps: Jour, 5-Minute Journal Journaling "Getting Started" Guide
Mindfulness Classes	Free mindfulness classes for kids K-5 but all ages welcome!	https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/
	Free access to "Find Calm and Nourish Resilience" Course (30 Days)	https://learning.mindful.org/p/daily-mindfulness-free/
	Free collection of meditations, sleep, and movement exercises!	https://www.headspace.com/covid-19
Music!	Create a playlist that sparks your spirit and puts a smile on your face.	Check out Spotify for pre-made playlists or create your own!
Magazine Subscription	Check out a magazine that sparks your interest! Many can be read online!	
Practice Gratitude	Reflect on your blessings and what you are grateful for each day. Start a running list that you can look back on during difficult days.	App: 5-Minute Journal
Remember: Hope Isn't Cancelled	Various ideas to support calm and emotional well-being.	https://twloha.com/self-care/
Start Thinking About Your Future!		
Indiana Career Explorer	See where your skills and interests meet!	https://indiana.kuder.com/landing-page
College Board Planners: 9-12	See what you've done already and what you still need to do!	https://hhs.highland.k12.in.us/guidance/9-12_priorities
SAT/ACT Test Prep	Check out free practice resources!	https://hhs.highland.k12.in.us/guidance/sat_act_test_prep
Take A Free Course!		
Science of Well-Being (10 weeks)	Yale's most popular class is available for free online! The topic is how to be happier in your daily life.	https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=EHFxW6yx8Uo&ranSiteID=EHFxW6yx8Uo_-sbT268DrPTmUDU6QI7ceQ&siteID=EHFxW6yx8Uo_-sbT268DrPTmUDU6QI7ceQ&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=EHFxW6yx8Uo
Free AP Review Classes	Free, live AP review courses delivered by AP teachers across the country.	https://apstudents.collegeboard.org/coronavirus-updates#free-ap-classes
Be Inspired!		
Believe In You Video Series	Learn about the incredible power of believing in yourself even in the face of challenges and trials that life may present.	https://www.varsitybrands.com/believe-in-you
Ted Talks	Explore Ted Talks on a variety of interesting and uplifting topics!	https://www.ted.com/talks

Discover Your Strengths!

Take a free scientific survey to discover your top character strengths!

<https://www.viacharacter.org/character-strengths-via>