



100+ Things To Do while Social Distancing

~ **Have a cooking contest with people in your home** ~ **Make a DIY Project** ~
Clean up your neighborhood ~ Try a fitness video ~ Cook a new recipe ~ Learn
all the TikTok dances ~ Meditate ~ *Learn calligraphy* ~ Re-arrange your
furniture ~ **PLAY HIDE AND SEEK** ~ Organize your closet Marie Kondo style ~ DO
SOME HOME UPDATING/REMODELING ~ Start a book club with your friends
~ **At home spa day** ~ Complete a puzzle ~ Go on a hike ~ Snack night (a meal of
appetizers) ~ Video chat a child or older adult (read, sing, or have a dance party) ~ **Put on a puppet show
on facebook live** ~ Become a photographer ~ Read all those books you were
planning to read ~ **Send cards to loved ones or friends** ~ **Learn how to do a new
makeup look** ~ Donate to a charity ~ Take a virtual tour of the British Museum in
London ~ **Take a nap** ~ Watch new movies ~ Dress up fancy and host a virtual
dinner party ~ Play Trivia ~ Listen to a podcast ~ Make a music video ~
Adopt a pet ~ **HELP SOMEONE IN NEED** ~ Start your Christmas shopping ~
Set some goals for the year ~ Have hot chocolate ~ Turn the
sprinkler on and run through it ~ Have a campfire ~ *Organize your Tupperware*
~ **Make a bucket list** ~ Sit outside and listen ~ **Take a bubble bath**
~ Clean out your car ~ Learn a new song ~ Have an indoor picnic ~ **Throw a
family Christmas party** ~ **Have a Scavenger Hunt** ~ Movie night (don't forget the
popcorn) ~ Slumber party (even for adults!) ~ Themed dinners ~ Coloring books ~
Geocaching ~ **Learn a new language with Duolingo** ~ Play a board game ~
Learn how to sew ~ Support local businesses by ordering takeout ~
Word puzzles ~ Garden (start seedlings or plant spring bulbs) ~ **Make
homemade playdough** ~ Play indoor tennis ~ Take a virtual workout class
with a local gym ~ Write a poem/book/short story ~ **Check out the Texas Quarantine
Activity Book** ~ Take a virtual tour of famous castles ~ Dress up in costumes ~ **Clean
your house** ~ Make a scrapbook ~ Camp in the living room or the back
yard ~ Ice cream sundaes ~ **Build a fort** ~ TRY YOGA ~ **Build a city with Legos** ~
Watch a show with your friends using Netflix Party ~ Teach others something
through social media ~ Make jewelry ~ **Clean out your purse** ~ **Create a vision board** ~ Set
up a new budget ~ **Learn how to juggle** ~ Organize your computer folders ~ **Make
s'mores** ~ Take deep breaths (in through your nose and out through your
mouth) ~ Write a song ~ **Make origami** ~ Learn a magic trick ~ Set your menu for
the week ~ *Start a gratitude journal* ~ **Play an instrument** ~ Discover new
music ~ Make a themed Spotify playlist ~ **Learn how to draw** ~



Check out these links for more social distancing activities:

- **Cincinnati Zoo Home Safari** – daily animal spotlight to get an insider's look at the zoo family
 - <http://cincinnati-zoo.org/home-safari-resources/>
- **Lunch Doodles with Mo Willems** – drawing tutorial from children's author to learn how to draw his famous book characters
 - <https://www.kennedy-center.org/education/mo-willems/>
- **Challenge to Change**– online yoga and mindfulness classes for the entire family. Some are free and some have a fee associated
 - <https://challenge-to-change-inc-kids-yoga.teachable.com/>
- **Virtual museum tours** – take a vacation from your living room and visit 12 museums
 - <https://www.southernliving.com/syndication/museums-with-virtual-tours>
- **Virtual National Park Tours** – tour parks across the nation
 - <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
- **Virtual Tours of Famous Castles**
 - <https://totallythebomb.com/you-can-take-virtual-tours-of-famous-castles-and-im-already-feeling-more-sophisticated>
- **Virtual Tour of Hawaii**
 - <https://totallythebomb.com/you-can-take-a-virtual-tour-of-hawaii-while-hanging-out-in-your-pajamas-at-home>
- **Astronauts reading in space** – get ready for bed with bedtime stories read by real astronauts in space
 - <https://www.scarymommy.com/astronauts-story-time-in-space-kids-books/>
- **Dubuque County Extension and Outreach** – free webinars on varying topics: tips for couples to cope during this time, cooking and nutritional counseling, gardening classes, science experiments, parenting tips. Every county in Iowa has a page with different course options!
 - <https://www.extension.iastate.edu/dubuque/>
- **St. Louis Aquarium** – check their Facebook page for daily breakfast LIVE videos with the animals (Coconut the sloth is a favorite!)
 - <https://www.stlouisaquarium.com/encounters-and-interactives>
- **Kansas City Zoo** – LIVE camera views running 24/7 of penguins, polar bear, and giraffe
 - <https://www.kansascityzoo.org/animal-cams/>
- **Go on virtual amusement park rides** – Disney World, Six Flags, Cedar Point
 - <https://www.youtube.com/user/TheCoasterViews/videos>
- **Every Thursday**, join the Dubuque Community Library District for different programs geared towards each age group
 - https://www.facebook.com/DubCoLib/?ref=aymt_homepage_panel&eid=ARBVa68aBqXeMcfqIUfrcHpN6_hfQTE3td6l3TZ2FyqPzvTWj8SzZl2DST-rQpPmXUWuKI3srgXFVQuz

