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 and insider’s look at the zoo family
  - [http://cincinnatizoo.org/home-safari-resources/](http://cincinnatizoo.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/](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
- **Virtual museum tours** – take a vacation from your living room and visit 12 museums
- **Virtual National Park Tours** – tour parks across the nation
- **Virtual Tours of Famous Castles**
- **Virtual Tour of Hawaii**
- **Astronauts reading in space** – get ready for bed with bedtime stories read by real astronauts in space
- **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/](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](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/](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](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=ARBVa68aBqXeMcflUFrcHpN6_hfQTE3td6l3TZ2FyqPzvTWj8SzZl2DST-rQpPmXUWuKl3srgXFVQuz](https://www.facebook.com/DubCoLib/?ref=aymt_homepage_panel&eid=ARBVa68aBqXeMcflUFrcHpN6_hfQTE3td6l3TZ2FyqPzvTWj8SzZl2DST-rQpPmXUWuKl3srgXFVQuz)