1. One man played Shakuhachi flute on a park bench today in Brooklyn and gave me a private concert at 6 feet of separation.
2. Learn something new on YouTube like where to hang a bat-house to keep mosquitoes away.
3. Who have I met that I want to get to know? Send them an email.
4. Volunteer to pick up medicine, groceries or other stuff for people that are quarantined.
5. Journal about this experience. Your family may find it interesting in the future.
6. Write free flow ideas daily on how to spark joy and stay in gratitude.
7. What kinds of games could be played without a board on Zoom or the like?
8. I would love to learn how to do my own podcast.
9. Create a flower bouquet and ask people to nominate someone to give it to. Ask for nominations in your city.
10. Play the compass game and go for a drive or walk: draw a number 1-12 out of a hat and drive or walk whatever that direction is on a clock. Can draw another number out for the number of miles. I do that when driving and put that destination on a map and find the town/suburb closest by as my destination. I may not be able to walk or drive there as the crow flies, but can get there. Make it a scavenger hunt with a list of things you have to find along the way such as: Five front steps with black rails, three intergenerational families out walking, seven restaurants that are closed, three species of birds, etc.
11. Write blog posts either for your personal blog or business.
12. Research and plan your next vacation.
13. Research another culture - - take time to learn about how other people live!! Another way to travel.
14. The alumni association from my undergrad college is doing a "Pet Parade" on FB.
15. USA Today put this list out a couple of days ago. [https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.usatoday.com%2Fstory%2Flife%2Fhealth-wellness%2F2020%2F03%2F16%2Fcoronavirus-quarantine-100-things-do-while-trapped-inside%2F5054632002%2F%3Ffbclid%3DIwAR0Ja5f1koJOdpKyg4S1Y7y6Xz_deFJx_iAbRWmvv9qTUBtDwGjcsc8i6-I&h=AT1j0CMlfaZEZioamLitBVGdHA6p8Kpq2ytAbIwG7ttfQDv_KrktgFg3XZm-D2R3Up5TR81S5OofKChlL0JQSPj2BXUOKm2X1_mQ1by_kQp05rv42jx5HmgXNx8GIkS8&__tn__=R-R&c%5b0%5d=AT1t7L_bKwYMAVUQ9NjQyhxEirPGneSkJCBHpT-woJhLbLiOh68-legNdvPxFJFh7ftJ4xHlMYKM2QbVJRvTwIQ9cZDARw2GUkDgbHWpmVsmEea0Jg01eNOny3nijNtKnfcW8rnN3zTLCQzQZz6rHWQc2JTz76HIN9g3o-hq4XrvvR1vRHQPfAWRvDBJSh2pdDFJHwA)
16. Learn a new recipe and ask others to join you (online) to compare notes.
17. Get outside and WALK!!!!! OR go for a drive - - change of scenery.
18. Check in with friends and ask how they’re doing and what they’re doing to spark joy.
19. Play violin (or whatever you play) for your friend's 6-year-old daughter on Facetime
20. Lots of free virtual tours of museums, zoos other public spaces
21. Write thank you notes to first responders!!!
22. Make a video of you reading a book to share with friends who have kids.
23. Write random kind notes to people in the service industry, healthcare providers.
24. Re-pot plants, start seedlings indoors.
25. Take a personality profile
26. As you clean through your photos, send ones with friends and families in texts to share the love and a quick note.
27. We are doing a virtual happy hour with friends tonight via Google Hangout
28. FaceTime or text/call old friends you haven’t talked to in awhile
29. Read a book for fun. Too many times we have a huge pile of books to read and don't make time for it. NOW is the time!
30. Write those overdue recommendations on LinkedIn or leave book/product reviews online
31. Learn Tarot and practice readings
32. Send jokes around.
33. Clear out photos from your phone that are no longer necessary and mark any old ones that still make your smile or spark joy so they are favorites as reminders of good times.
34. Draw...just for the fun of it.
35. Have a pillow fight
36. Do zoom chats with friends ...use WhatsApp video chat instead of just calling for face contact.
37. Find the most amazing natural wonder that you might walk by or drive by every day.
38. Ask people would you rather questions. [https://conversationstartersworld.com/would-you-rather-questions/](https://l.facebook.com/l.php?u=https%3A%2F%2Fconversationstartersworld.com%2Fwould-you-rather-questions%2F%3Ffbclid%3DIwAR3qo1NDU1VlPbwePkwMkgIvu-Y5pJ9AVPRMgNzVpLE4f3DpbstChwsUOW8&h=AT2UQO-67-S8m0CbFyTcrIOoPWZZ2RP1JP0k-oAbdZyf4S_45OeUtZwrz-9o04FQz4OcD8m9eT3SMf8qHEbCBwOGJBQF140XZTq2dNcOvo-9-AUyGZIU3z6Tv9YCmC9w&__tn__=R-R&c%5b0%5d=AT1t7L_bKwYMAVUQ9NjQyhxEirPGneSkJCBHpT-woJhLbLiOh68-legNdvPxFJFh7ftJ4xHlMYKM2QbVJRvTwIQ9cZDARw2GUkDgbHWpmVsmEea0Jg01eNOny3nijNtKnfcW8rnN3zTLCQzQZz6rHWQc2JTz76HIN9g3o-hq4XrvvR1vRHQPfAWRvDBJSh2pdDFJHwA)
39. Set up a still life and draw or paint.
40. Learn how to play just the piano part of Layla.
41. Order the "If ..." book online and engage in conversation.
42. Call your favorite relatives.
43. Listen to Indian classical music or other meditative music.
44. I started a Facebook group for artist friends to share their work and resources - it's been really fun.
45. Take YouTube music lessons and learn your instrument better.
46. Have a picnic.
47. Become a video chat reading buddy with one of the kids in your life (niece, nephew, God Children, close friends). Have them read you a book once each day or every other day.
48. Finish old craft projects
49. Watch a funny movie that we haven't taken time to watch because we were too busy.
50. Go through closets and put fun outfits together.
51. If you do an exercise like T'ai Chi/ Qi Gong practice a few minutes a day
52. Meet friends in the park and sit on picnic benches 6 feet apart. Or go through drive-through with other friends and then park your cars 6 feet apart and visit with the windows down.
53. Play string with your cat or ball with your dog
54. Planet Fitness is doing 20 minute "work ins" at 6 PM each day via FB
55. Learn dog massage and connect more fully with your four-legged family members
56. Cincinnati zoo visits online daily at 3 pm
57. Take hikes and play frisbee in the park with our families.
58. Create vision boards on Pinterest.
59. Clean parts of basement untouched for 45 years.
60. NPR has a list of concerts and other performances that are being made accessible online.
61. Pass on your biggest laugh of the day.
62. Make and send cards to my mother who is in an assisted living facility. She is not allowed any visitors. Anyone could do this for anyone in assisted living or a nursing home.
63. Nature journaling - take the kids outside and have them watch for spring, and make a little book.
64. Looking at family photos that make you smile.
65. Craft or art project to brighten your home.
66. Have a spa day at home.
67. Send postcards to people.
68. Have a food fight with marshmallows.
69. Put together a playlist of your favorite dance tunes and take a dance break once per hour!
70. Catch up digital photo books.
71. Write letters to my kids/grandson about my life story - - I'm terminal -- - While I may be physically isolated - - technology is keeping me in touch.
72. Play piano - - sing as though no one is listening - - because they aren't there!!!!
73. Transplant some plants.
74. Watch a movie you've been wanting to see.
75. Do some deep cleaning or projects around your home.
76. Enjoy fragrances. When you get ready for the day, take time to notice how each of the toiletries smells.
77. Light a candle and observe its warm glow. Imagine your tension melting like the wax.
78. Wear and use the things your kids have made for you.
79. Test out different outfit options when you are committed to being somewhere else and see how they feel
80. For kids: Listen to your parents. This in itself might not sound fun but trust me each day will be a whole lot more fun if you listen to what they want you to hear.
81. Listen fully to your kids’ stories, their performances for you. Notice how they play together. Laugh at their goofy jokes things and listen to what they want to talk about.
82. Look for the good qualities of others in your household and let them know what you appreciate about them (e.g. life is too short to get upset by annoyances such as how they load the dishwasher... hey, they are contributing!)
83. Sew/mend.
84. Learn online and practice yoga at home
85. Join the 50 Fun Things Club (once it gets formed...a next step!)
86. Use the appliances and kitchen tools you forgot about (juicer, pasta maker).
87. Experiment with new flavor combos (vanilla yogurt with almond butter: thanks for the idea Karen - delicious!).
88. Learn a new craft. Use up your craft supplies.
89. Hammock when the weather cooperates.
90. Make a cozy nook for reading or journaling.
91. Make a blanket fort.
92. Play and pretend like you are a kid again.
93. Online gaming together.
94. Take out and play the games of your youth.
95. Reminisce and go through old photos and videos.
96. Listen to music from your younger days. Play your albums and “mixed tapes”
97. Rearrange a room
98. Plan how you want your garden to look this year
99. Try a bold new look (e.g. grow a beard, shape brows differently, brighter shade of lipstick). When you see everyone again the change won’t feel so dramatic!
100. Putz around in the yard.
101. Go for a penny walk (maintain social distance). Flip a penny at the corner. Heads go right, tails go left. See where your penny takes you. It might be in circles!
102. Go for a walk and leave hidden biodegradable uplifting notes for people to find later in the spring
103. Dream about what would feel like a perfect vacation. Give your sense of taste of what it would be like I’m making a regional food from that area
104. Online singing group
105. Online Nia dance (Nia with Beth Giles)
106. Online prosperity support group (The Numbers Whisper, Nicole Fende)
107. Support through the chaos (Performance Partners, Barb Zuleger)
108. Netflix chatroom to watch movies with friends and comment