

**FEELING GOOD  
& STAYING  
CONNECTED**  
AN ACTIVITY GUIDE



# THINGS YOU'LL FIND IN THIS DOCUMENT

**ABOUT THE ACTIVITY GUIDE**

**HOW THE ACTIVITY GUIDE IS ORGANIZED**

**DIGITAL TIPS & TRICKS TO GET YOU STARTED**

**EXPERIENCES AND LEARNING**

**FAMILY AND FRIENDS**

**HEALTH AND WELLNESS**

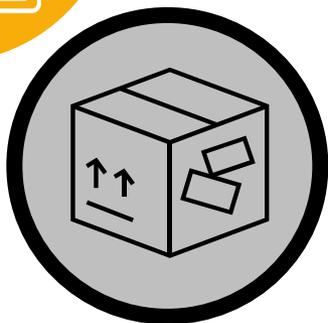
**PURPOSE AND COMMUNITY**

**PLAN YOUR WEEK**





# ABOUT THE ACTIVITY GUIDE



## WHY ARE WE GIVING THIS TO YOU?

We know things may feel unsettling and even scary right now.

Just because we're practicing physical distancing doesn't mean you can't stay healthy and connect with others.

This activity guide offers tips on finding peace in the little moments.



## WHAT'S INSIDE?

Some tips, tricks, and tools to help you:

- ... take part in special experiences and learning
- ... maintain your physical vibrancy
- ... connect meaningfully with family and friends
- ... discover ways to feel calm, alive and positive



## HOW YOU CAN USE THIS

The tips, activities, and ideas in this activity guide are just a starting point. Take a look and decide what activities work for you and how often.

Be creative! Suggested activities can be done in different ways - alone or with others, and with all types of tools (notepad, phone, TV, tablet, radio, computer).

Map these ideas on the worksheets and trackers to help you follow through.



# HOW THE ACTIVITY GUIDE IS ORGANIZED



**EXPERIENCES  
AND  
LEARNING**



**FAMILY  
AND  
FRIENDS**



**HEALTH  
AND  
WELLNESS**



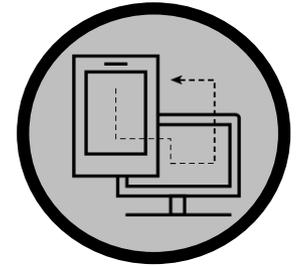
**PURPOSE  
AND  
COMMUNITY**



# DIGITAL TIPS & TRICKS TO GET YOU STARTED

## **Ask your friends, family, and neighbors to**

- Set up devices and install new tools
- Create a free conference call line
- Decrease barriers to using digital tools



## **First-time social media user?**

- Join a social media platform that most of your friends, families, communities are already on
- Add / follow them once you've got your profile setup to stay up to date and connected

## **Enroll in your local public library**

- Become a member and get free 24/7 digital access to tons of content (books, classes, etc.)

## **Use your favorite online search engine for what you'll need**

- Example search engines include Google, Bing, and Netscape
- Type a few terms describing what you're looking for
- Click on legitimate and secure websites; sites that end in ".edu" and ".gov" are most credible
- Stay away from links with multiple dashes and symbols, website addresses that imitate actual businesses (e.g., "Amaz0n"), or sites with poor grammar
- Avoid clicking on large ads or buttons – most of these are scams



# EXPERIENCES AND LEARNING

Creating special experiences for yourself and learning new things are great ways to keep your spirit up and your mind sharp. Below are ideas to kick things off.



## TAKE A CLASS

Interested in history or a foreign language? Most learning can be done from your home.

## TIPS

- Enroll in an online course – many are free!
- Reach out to friends, family, or neighbors who share your passion and may have resources
- Share your new knowledge on social media, over the phone or during weekly check-ins with others



## CONNECT TO YOUR ROOTS

Whatever your background or history, your story is unique and interesting, and this is a great time to share it with others.

## TIPS

- Research your ancestry
- Document your story
- Write a letter to a friend or family member



## CHECK OFF YOUR (VIRTUAL) TRAVEL BUCKET LIST

Feeling adventurous? Go on a virtual travel adventure! Explore a new country and check out a tourist attraction.

## TIPS

- Try digital tours of UNESCO World Heritage site and US national parks (e.g., via Google Earth)
- Stream natural attractions for free – the Northern Lights and cherry blossoms are currently in season for spring!
- Join in virtual museum tours, festivals, and performances streamed online



# EXPERIENCES AND LEARNING (CONTINUED)

Creating special experiences for yourself and learning new things are great ways to keep your spirit up and your mind sharp. Below are ideas to kick things off.



## PICK UP A CHILDHOOD HOBBY AND GET HANDS ON

Choose an activity you think you will enjoy and get started!

### TIPS

- Learn a new instrument, search online for lessons. YouTube has tutorials for almost everything
- Create some visual arts – sketch, watercolor, photography
- Plant something – herbs or vegetables on the windowsill are both easy and useful



## ENJOY THE MOMENT

Take some time for yourself to enjoy the moment.

### TIPS

- Slow down an everyday routine (e.g., by watching a sunrise or sunset)
- Feeling nostalgic? Look through an old yearbook or photo album
- Enjoy an afternoon cup of tea



## ESCAPE THROUGH LITERATURE

Escape into a different time and place – there's nothing like the thrill of getting absorbed into a good book.

### TIPS

- Check your local library – many offer free digital access to eBooks, audiobooks, and magazines
- Start a book club with friends, family, or neighbors virtually or over the phone

# FAMILY AND FRIENDS

You don't have to be in the same room or even the same time zone to share a few laughs. Here are some ideas to add some fun into your routine.

## ORGANIZE A RECIPE EXCHANGE

Exchange your favorite recipes and share some stories or memories along the way.

### TIPS

- Have a theme – holiday occasion, country, etc.
- Invite friends and family of all ages to think of recipes

## UNCOVER A BLAST FROM THE PAST

Share past photos. See who can guess the year the photo was taken.

### TIPS

- Post one photo each day or week
- Get creative and make a game out of it

## DO A VIRTUAL COFFEE CHAT OR MEAL

Talk to friends and family over coffee or a meal.

### TIPS

- Ask each person to bring a story or memory to share during the conversation

## HOST A REMOTE GAME NIGHT

Challenge family and friends to a night of games. Find your favorite game online, be creative in how you can do something remotely, or make up a completely new game!

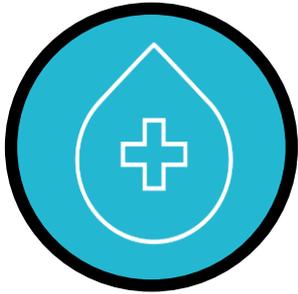
### TIPS

- Keep it going
- Set up a night each week to get the group back together
- Track overall progress



# HEALTH AND WELLNESS

Eating well, sleeping well, and staying active are important. Below are some creative ways to feel healthy and strong.



## KEEP THE BLOOD FLOWING

Select a few stretches you can do daily. Ask friends to join you virtually and look for ways to challenge each other.

### TIPS

- Stretch different parts of your body
- Use a timer or music for fun



## MAKE A CHILDHOOD FAVORITE MEAL

Choose a recipe that is nutritious and tasty.

### TIPS

- Plan getting ingredients with help from family, neighbors, or building staff
- Come up with ways to make your favorites more nutritious
- Try your hand at a “digital” cooking show. Prop your phone / computer up by the kitchen and invite someone to the experience



## A NEW WAY TO COUNT SHEEP

Create an ideal environment to help relax and sleep well.

### TIPS

- Avoid screens an hour before bedtime
- Try a cup of herbal tea
- Create white noise with a fan, machine, or smartphone app



# PURPOSE AND COMMUNITY

This one is very personal, so think through what makes you smile.



## VOLUNTEER FROM YOUR HOME

Help those around you from your home.

### TIPS

- Ask your friends for recommendations or call your favorite organization
- There are many ways to help – you can call for donations, create hygiene kits, or sew health care worker masks



## SPARK JOY TO KIDS

Design activities to keep kids entertained. Extra kudos since you'll be helping caregivers get some time for themselves.

### TIPS

- Think about options like creating at-home scavenger hunts, drawing, coloring, or virtual board games
- Collect photos of completed activities
- Celebrate all who participated and select winners



## SHARE YOUR SKILLS

Create live or recorded experiences for your family, friends, or community.

### TIPS

- Think about options like a virtual or recorded story time, cooking lesson, or science experiments
- Do a practice test to make sure you can be heard and/or seen
- Get feedback so you have ideas for the next show you host



# PURPOSE AND COMMUNITY (CONTINUED)

This one is very personal, so think through what makes you smile.



## PRACTICE GRATITUDE AND POSITIVITY

Start your day with a cup of coffee and side of gratitude.

### TIPS

- Create a gratitude journal. At the start of each day, write 3-5 things that you are grateful for
- Write 2-3 things that you are excited about in the day ahead



## MANAGE NEWS & SOCIAL MEDIA

Find balance with uplifting and productive stories.

### TIPS

- Find set times for news and social media
- Find positive images, news stories, and people to follow on social media
- Disable push notifications on your phone



## CONNECT THROUGH COMMUNITY

Develop a virtual routine that mirrors the gatherings of your communities.

### TIPS

- Contact your place of worship for help to stay engaged or sign up for a new virtual community
- Tune into livestreams from places of worship (churches, mosques, synagogues, temples, etc.) on the internet, television, or radio
- Set up a weekly book club for faith-based reading





# BRAINSTORM THINGS TO DO EACH WEEK

## WHAT I CAN DO THIS WEEK:

My week looks different now that I'm staying at home. I look forward to...

### 1. ...*Boosting my health:*

- I will prepare by \_\_\_\_\_
- I will involve \_\_\_\_\_
- I will need help on \_\_\_\_\_

### 2. ...*Feeling calm, alive and full of energy:*

- I will prepare by \_\_\_\_\_
- I will involve \_\_\_\_\_
- I will need help on \_\_\_\_\_

### 3. ...*Achieving other goals:*

- I will prepare by \_\_\_\_\_
- I will involve \_\_\_\_\_
- I will need help on \_\_\_\_\_

## TALK TO FIVE PEOPLE EACH DAY, LET'S START A LIST:

1

I'll contact \_\_\_\_\_ because they \_\_\_\_\_  
I've scheduled time for them on \_\_\_\_\_

2

I'll contact \_\_\_\_\_ because they \_\_\_\_\_  
I've scheduled time for them on \_\_\_\_\_

3

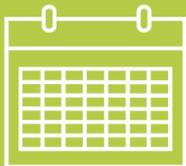
I'll contact \_\_\_\_\_ because they \_\_\_\_\_  
I've scheduled time for them on \_\_\_\_\_

4

I'll contact \_\_\_\_\_ because they \_\_\_\_\_  
I've scheduled time for them on \_\_\_\_\_

5

I'll contact \_\_\_\_\_ because they \_\_\_\_\_  
I've scheduled time for them on \_\_\_\_\_



# WEEKLY CHECKLIST

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

1. Medications

2. Exercise and stretching

3. Meals and nutrition

4. Talk to someone

5. Stay informed

**Personalize your checklist fill in below**

6.

7.



# SCHEDULE YOUR ACTIVITIES & CONNECTIONS



Morning



Afternoon



Night

	Morning	Afternoon	Night
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

# REFLECTION ON EXPERIENCE

## REFLECTION CAN BE DONE IN MANY WAYS...



Self



Journaling



Talking to others



## STARTER REFLECTION QUESTIONS FOR NEW OR CONTINUED ACTIVITIES

- Why did you choose that specific activity?
- How did it make you feel before, during, and after?
- Are you excited about doing the activity again?



## DON'T FORGET TO CELEBRATE

- Call a friend or family member and share your activity
- Share pictures
- Post in an online forum

